



The *Women's* Wellness Program

MOVEMENT

	Task
<input type="checkbox"/>	Mark the next and FINAL workshop date on your calendar (December 18, 2019)
<input type="checkbox"/>	Watch the 11 minute YouTube Video from Welltory regarding HRV
<input type="checkbox"/>	Schedule your final private consultation(s) before December 31, 2019
<input type="checkbox"/>	