



The Norwood Board of Health Presents an informative webinar:

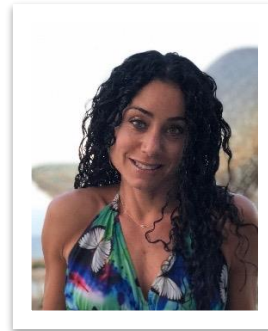
## **“Our Prescription for Wellness Made Simple”**

**Wednesday April 28th 7:30-8:00pm**

Guest Speakers



**JACKIE BAUMRIND,MS,RD  
REGISTERED DIETICIAN**



**STEFANIE LEVINE  
CERTIFIED HEALTH COACH**

Please join Stefanie & Jackie of Norwood, both leaders in the fields of health, diet and nutrition. They will be discussing the **8 Pillars of good health.**

**HYDRATION  
HEALTHY EATING  
EMPOWERMENT  
LIVING CONSCIOUSLY  
LOVE  
SELFCARE  
SLEEP  
REDUCING STRESS  
EXERCISE**

Followed by a breathing exercise & a brief question and answer period.

Their experience and expertise on these very important aspects of your health will help you navigate to move forward to be the best version of yourself in our new reality.

Join us for this informative webinar- April 28<sup>th</sup> 7:30-8:00pm .

### **Pre-registration is required**

Click here to register:

**<https://zoom.us/meeting/register/tJAsdOiqpj8rE9144kxHqRLE5po1SBS-AEMH>**

After registering, you will receive a confirmation email containing information about joining the meeting.

Questions Email: [wellnessmadesimple1@gmail.com](mailto:wellnessmadesimple1@gmail.com) **Wellness *Made* Simple**