

# ***Whole-Body Health and Wellness Workshops***

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Session 1

## **Nutrition Fundamentals 101:**

*All of the basics for eating well*

Session 2

## **Macronutrients:**

*Learn about sugar, carbs, and fat-burning*

Session 3

## **Toxins and your Health:**

*How to avoid toxins and help the body detox*

Session 4

## **Gut Health 101:**

*One of the most important (and overlooked) parts of the body*

Session 5

## **Physical Activity and Sleep:**

*What you need to know about the two ends of the spectrum*

Session 6

## **Stress Management, Relaxation, and Mind-Body Medicine:**

*Critical information for feeling good*

***Prevent. Heal. Thrive.***