



LOGO



BILLBOARD



INFOGRAPHIC

Virtual Wellness Retreat

Nurturing Mind, Body, and Soul

Discover mindfulness, meditation, fitness, and nutrition tips—all from the comfort of home. Take the first step toward a healthier lifestyle today!

WORKSHOP AUTHOR:

Natasha Turner (naturopathic doctor)
Julie Daniluk (nutritionist and TV host)

15-16 August

Save the date!

Register Now: <https://www.eventbrite.com/e/virtual-wellness-workshop-registration-1234567890>

Key Features:

- Interactive Workshops
- Yoga & Meditation Sessions
- Expert Talks
- Wellness Tips & Practices

INVITATION