SAVE THE DATE

SA TE THE DATE

NEWSLETTER

S H B A T D

MINDFUL MOVEMENT

MINDFUL MOVEMENT

CHANGEdoesn't

HAVE TO BE SCARY

WANT TO GET INTO MEDITATION, but not sure where to start? You're not alone. Join us as we explore the benefits of meditation and how you can incorporate it into your daily routine.

WHAT WE THINK, WE BECOME.

JOIN MIKAYLA FOR A LIVE GUIDED MEDITATION ON INTENTION SETTING

MEDITATION

CLICK HERE

CLICK HERE

CLICK HERE

TAKE A BREATH

MEDITATION

CLICK HERE

CLICK HERE

CLICK HERE

TAKE CONTROL OF YOUR HEALTH

CLICK HERE

CLICK HERE

CLICK HERE

APRODUCT OF VALLEYSCHOOLS

CLICK HERE

CLICK HERE

CLICK HERE

OCT 2021

You are invited

Come sweat with Riley during a 30-minute HIIT workout that consists of short bursts of intense exercise followed by a period of active recovery. High intensity interval training (HIIT) is great for getting the most out of your workout in a short amount of time bringing you one step closer to achieving your personal fitness goals, as well as earning 150 Wellstyles Points.

TO HIIT YOUR GOALS!

WEDNESDAY, OCTOBER 6TH AT 3:30 PM

REGISTER HERE

How to create sustainable healthy habits

WED, OCTOBER 27TH @ 3:30 PM

DON'T MISS THIS OPPORTUNITY TO MAKE A DELICIOUS MEAL AND EARN 200 WELLSTYLES POINTS WHILE DOING IT!

DO YOU KNOW WHAT TO DO TO BE HEALTHY AND YOU'RE JUST NOT DOING IT? Or, you do - eat healthier, workout, meditate - but it never lasts? Maybe you only have two modes: all-in or all-out with your health efforts?

Learn the actionable steps on how to turn your health knowledge into real life habits.

REGISTER HERE

JOIN OUR WEBINAR WITH SPECIAL GUEST, MAYA NAHRA

In this live cooking demo, she will walk you through how to prepare her favorite weekly staples making sure to leave no single nutrient behind!

REGISTER HERE

JOIN THE GO FOR GOAL CHALLENGE.

Track each day you take steps towards achieving your goals. Track at least 6 days out of the 12 days to earn an additional 200 WellStyles points to your program!

MON. OCT 11TH– FRI. OCT 22ND

REGISTRATION OPENS MONDAY, OCT. 4TH

CLICK HERE TO REGISTER

Live

You've been watching her whip up delicious recipes at high-speed and now you're invited behind the scenes to join the party (and the mess) in real-time!

JOIN WELLSTYLES REGISTERED DIETITIAN, KRISTEN, IN HER KITCHEN ON WEDNESDAY, OCTOBER 20TH AT 3:30 PM TO LEARN THE BASICS OF MEAL PREP

STOP!

DID YOU MISS SEPTEMBER'S EVENTS?

OCT 6

WED @ 3:30PM

HIIT YOUR GOALS!

MINDFUL MOVEMENT

CLICK HERE

CLICK HERE

CLICK HERE

OCT 13

WED @ 3:30PM

TAKE 10

SET YOUR INTENTION

CLICK HERE

CLICK HERE

CLICK HERE

OCT 20

WED @ 3:30PM

BETTER BITES

THE BASICS OF MEAL PREP

CLICK HERE

CLICK HERE

CLICK HERE

OCT 27

WED @ 3:30PM

WELLNESS WINDOW

HOW TO CREATE SUSTAINABLE HEALTHY HABITS

CLICK HERE

CLICK HERE

CLICK HERE

YOU ARE INVITED TO THE OCTOBER 2021 EDITION OF THE WELLSTYLES NEWSLETTER. MAKE SURE YOU DON'T MISS OUT ON ANY OF THE INCREDIBLE EVENTS ON THE CALENDAR.}

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