

# BH POWERFUL BRAIN

## HEALTHY BODY - ONLINE

Get access to the most current knowledge in the fields of brain science, psychology, nutrition, and exercise to help participants create lifelong habits for a healthy life. Learn from experienced mental health counselors, nutritionists, and exercise professionals. **This course will be entirely online!**

- ▶ **Eat for a healthy body and lose weight**
- ▶ **Exercise for the greatest health benefits**
- ▶ **Unhook reluctancy & shed unhealthy habits**
- ▶ **Start the creation of a new, lasting, healthy lifestyle**
- ▶ **Change your brain to empower lasting healthy habits**

This course is being offered to Blomquist Hale benefited employees at **no cost**.

## FEATURED PRESENTER

**SINEAD URWIN, MA, AADP**

practices a holistic approach to health and wellness, looking at how all areas of your life are connected and affect health as a whole. Her approach is not to dwell on calories, carbs, fats, and proteins, or to create lists of restrictions, but rather, to help others create long-lasting change for a happy, healthy life - in a way that is flexible, fun and rewarding.



4-Week Course on Tuesdays

**May 28th - June 18th**  
**6:00 p.m. - 7:30 p.m. MST**

**Event Location:**  
**ONLINE!**

Call **801-262-9619** or visit  
**<https://blomquisthale.com/workshops.html>** to reserve a seat!