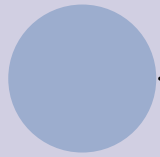


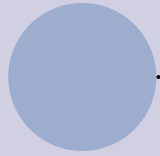
Healing Heroes

21-DAY PROGRAM



Fitness

Energy and flexibility



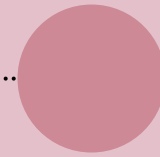
Nutrition

Nourishing and energizing lifestyle.



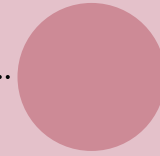
Relationships

Family, Friends, coworkers, and community.



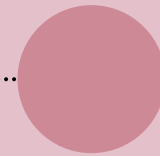
Housekeeping

Organization to promote motivation.



Personal Development

Personal Life and work life.



Purpose

Growing and Connecting.