

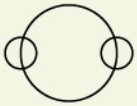
# Master Your WELLNESS

A master class in achieving your  
vision for peak wellness



## LIFESTYLE MEDICINE

Take your health journey to the next level with an exclusive new series of master classes designed to facilitate lasting change within you. Dig deep, find your power and learn how to attain your most cherished long-term goals for health and wellness using:



Evidence-based  
techniques



The energy of  
group dynamics



and your innate  
strengths.

All Master Your Wellness sessions are held online, limited to a small group of 8 to 10 participants, and led by Dr. Dorothy Cohen Serna, board-certified in Internal and Lifestyle Medicine, and Sarah Keyes, PA and certified health coach.



Join us for a complimentary first class and experience  
this uniquely inspiring path to wellness:

Session 1 START YOUR JOURNEY  
Thursday, May 5th  
1:00-2:00 pm

Log into Zoom for a live, interactive introductory session