

We launch this exciting series with an informative overview of the master class concept, a lively group meeting, and challenges to engage, energize and empower you!



Sign up for the North Cypress Internal Medicine & Wellness (NCIMW) Master Your Wellness series:



Session 2 CONNECT: May 19th

Master how to: honor your inner wisdom, nurture deep bonds with others



Session 3 NOURISH: June 2nd

Master how to: use food as medicine with whole, plant-based choices



Session 4 MOVE : June 23rd

Master how to: prevent chronic disease with a daily dose of exercise



Session 5 REST: July 14th

Master how to: improve wellbeing, your immune system, and energy by enhancing sleep hygiene

FEEES

Complete series: \$250 for NCIMW members/\$375 for guests. Per session: \$85 each for NCIMW members/\$125 for guests.

