



# Medical wellness: Take control of your health

## WELCOME TO APRIL



This month, take control of your health. What small changes can you make that will lead to big differences in your health and wellbeing?

## MONTHLY CHALLENGE

### 6 April's Challenge



April 1st – April 29th

Take ownership of medical conditions – both preventatively and reactively. This month, complete at least 15 days of medical wellness classes to take steps in preventing and/or improving medical conditions. (Diabetes, Brain Health, Women's Health, etc.)

## PREVENTATIVE HEALTH LIVE EVENT



### ★ April 12th at 12 PM ET

Join us and learn how to take preventative measures now to ensure a healthier tomorrow. Your future self will thank you for improving your diet, exercise routine, and relationship habits today.

