



SOA WELLNESS

KNOWLEDGE IS EMPOWERMENT

Health and wellness education is an essential component of promoting overall health and wellbeing, and can have a profound impact on individuals' lives.

By investing time and effort into learning about healthy habits and lifestyle choices, individuals can improve their physical, emotional, and mental health, and enjoy a happier and more fulfilling life.

WELLNESS PROGRAM

INCLUDES WEEKLY EDUCATION MODULES, BI-WEEKLY VIRTUAL GROUP SESSIONS AND IN PERSON MEETUPS IN MONTHS 2, 4 AND 6.

\$600 FOR 6-MONTH PROGRAM

WELLNESS WEBINARS & WORKSHOPS

WEBINARS AND WORKSHOPS COVER A VARIETY OF HEALTH AND WELLNESS TOPICS FROM SELF-CARE AND MINDFULNESS TO HEALTHY RELATIONSHIPS AND DEFINING YOUR PURPOSE.

\$25 PER PERSON

WELLNESS EDUCATION

\$25 PER MODULE

\$250 FOR 1 YEAR OF ACCESS TO EDUCATION MODULES

\$450 FOR LIFETIME ACCESS TO EDUCATION MODULES