



50+

ONLINE SESSIONS

(English, French, Spanish, Hindi...)

FRIDAY 16 SEPT

NOMADIC NATUROPATHY

Juan Abucha, WWW Ambassador in Jerez (SPAIN), Natalia Bonin, WWW Ambassador GRAN CANARIA discuss the seven channels of Pandora's Box. (SPANISH – 93 minutes)

Recording available: <https://youtu.be/KOcl9Y4c4H4>

V Spa Wellness Centre (Lithuania)

YOGA SESSION (English subtitles)

Duration = 12 minutes

"Enjoy this free yoga class that will help you take the first steps to finding balance between being and doing, movement and stillness, strength and fluidity, discipline, and freedom. The V Spa & Wellness yoga master, Nilesh Sawant, draws on his broad experience in Pranayama, Hatha yoga and meditation to bring you into the joy of the present moment

Availble:

MASTERCLASS IN PERSONAL DEVELOPMENT

Sonía Cruz Oro from Travel Awakens

Reconnect with your authentic self through transformational travel.

- A free masterclass for those who are looking for:
- Travel-inspired change and meaning in life that last long after their trips.
- Clarity on what path to take next in regards life, relationships or career.
- Reconnecting with the true self and start living a life that's more aligned and authentic.

Register for free: <https://www.travelawakens.com/masterclass/>
20% discount on Astro-Cartography reading:

Book your session: <https://www.travelawakens.com/astrowww/>

YOGA IN THERMAL WATER

Peninsula Hot Springs (AUSTRALIA)

Friday 9.15am Melbourne (1:15am CET)

LINK: <https://www.instagram.com/peninsulahotsprings/>

INFO: https://www.instagram.com/p/CihU5PwO8_p/

Valerie Orsoni - séance VENTRE PLAT SANS EFFORT

(FRANCAIS)

Exercices tirés de ses programmes Ventre Plat en 5 min par Jour et de Pilates Fusion disponibles sur LeBootCamp.com/onseboug

LINK: <https://www.facebook.com/events/410329834543901>

9:30am PST / 12:30pm EST / 18h30 CET



Valerie Orsoni - FRENCH SECRETS TO A FLAT TUMMY (with no sweat)!

you'll leave not only feeling fitter and fresher, but also with all the tools you need to keep toning your abs with ease! No equipment needed .

LINK: https://www.valerieorsoni.com/en/free-no-sweat-abs-class-with-world-wellness-weekend/?fbclid=IwAR2dgO-_IBrxWApS3Dd_4h-kQwQc1uQ-EEflf_m2j9px_o4UA_GlOIOH7ik

INSTA LIVE with TAJ Hotels: SOUND HEALING WITH SUFI

8am EST / 14h CET / 17:30 Mumbai

Taj Falaknuma Palace, Hyderabad (English)

Jiva believes in holistic wellness of an individual, and sound plays a major role in aiding mental and emotional Healing. The Sufi renditions by the Mangnyars who bring in folk songs and music passed on down the generations, strike a spiritual chord with an enthralling Qawali performance paving the way for emotional wellness.

LINK: <https://www.instagram.com/tajhotels/>



FIND YOUR INNER SOUL - Smita Jaykar a Spiritual Guru.

7am PST / 10am EST / 4pm CET/ 07:30 PM Mumbai
Rekha Chaudhari and RWellness (ENGLISH)

LINK: <https://us02web.zoom.us/j/84492853798?pwd=QjRScDBqWVViQkFtaUpJWnIJWW9GQT09>

Webinar - COACHING AND MINDFULNESS

8am PST / 11am EST / 5pm CET

International Coaching Federation 90 minutes Webinar (ENGLISH)
COACHING AND MINDFULNESS

90 minute panel to explore the benefits to individuals and wellness professionals of the practice of coaching to illuminate mindfulness's role in good health and well-being for all.

*This session has been tentatively approved for 0.5 CCE units in Core Competency and 0.5 CCE units in Resource Development.

A Pathway to Presence for mental health professionals in 2016.

LINK: <https://learning.coachingfederation.org/products/1579/life-vision-and-enhancement-coaching-cp-mindfulness-and-coachings-impact-on-wellness?sectionId=f3e2a0c2-644b-4bba-88de-fd0588cf304b>

IMMUNOCOLOGIE - LIVE WELL events (ENGLISH)

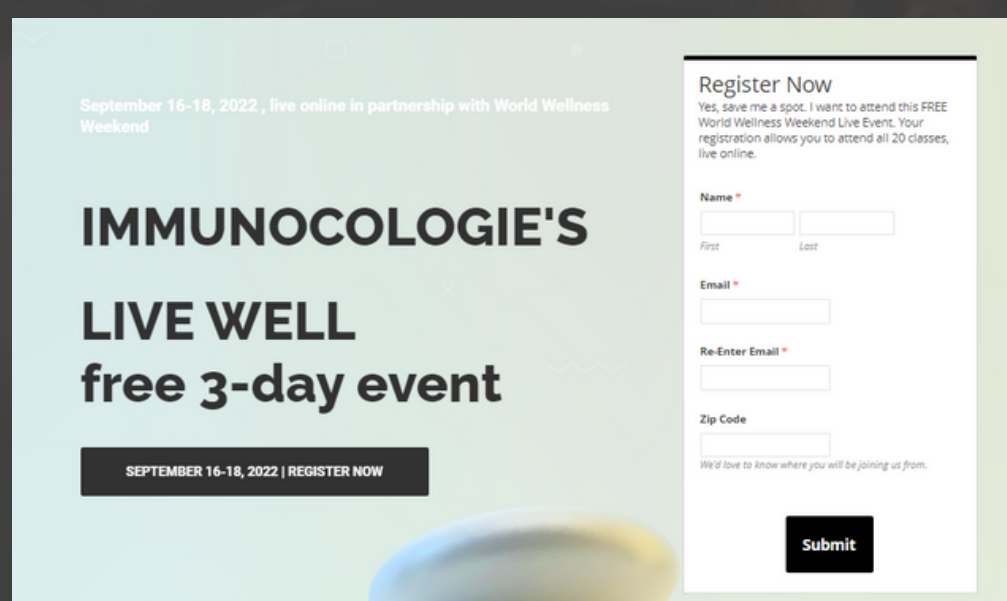
Experts in LIVING WELL will be coming together from all over the world during this 3-day ONLINE MasterClass with 22 renowned speakers.

Attend any or all of their outstanding sessions!

INFOS: <https://immunocologie.events/>

FREE REGISTRATION :

https://forms.zohopublic.com/beauteesmarts/form/ImmunocologieWorldWellnessWeekend2022/formperma/1Zq-go_qoN4wHjc20gsGm73Z2fya2mKQK2chVjYggg8



September 16-18, 2022, live online in partnership with World Wellness Weekend

IMMUNOCOLOGIE'S LIVE WELL free 3-day event

SEPTEMBER 16-18, 2022 | REGISTER NOW

Register Now
Yes, save me a spot. I want to attend this FREE World Wellness Weekend Live Event. Your registration allows you to attend all 20 classes, live online.

Name *
First Last

Email *
Re-Enter Email *

Zip Code
We'd love to know where you will be joining us from.

Submit

MUSIC CAN OFFER A SENSE OF PEACE AND COMFORT TO PATIENTS WALKING A JOURNEY WITH CANCER

6:00-6:30PM EST : Amy Camie

Whether you are recently diagnosed, currently in treatment, or creating a wellness lifestyle while living with or beyond cancer, music offers a variety of ways to support your body, mind, and spirit. In this unique program, Amy Camie combines therapeutic harp music, personal experiences with breast cancer, and a clear understanding of vibrational resonance to demonstrate how conscious self-care choices and honest self-exploration go hand-in-hand to create more clarity, peace, and harmony within and around you.

Workshop - AN INTRODUCTION TO CONSCIOUS CANCER PROGRAM

6.30 - 7:00 PM EST : Dr. Sangeeta Sahi, M.D., MBA

Introduction and background to the Conscious Cancer® program created and designed by Dr. Sangeeta Sahi. The importance of Consciousness for Health and Wellness.

Workshop - HOW TO MAINTAIN BREAST TISSUE HEALTH

7:00-7:30 PM Workshop EST: Kimberly Klein, LMT

Demonstrating how to flush lymphatics in the breast tissue.

Understanding the difference between the healthy breast tissue and dense tissue and what that means. Empowering women on how to maintain their breast tissue health

WORKSHOP - CANCER PREVENTION

7:30 - 8:00 PM EST Workshop: Shyamali Singhal, MD Ph.D.

with Dr. Shyamali Singhal, moderated by Julie Bach

New information suggests that 44% of Cancer diagnoses are Preventable with Lifestyle Choices. Julie Bach, CEO of Wellness for Cancer will be interviewing Dr. Shyamali Singhal, MD Ph.D., surgical oncologist and Founder of Hope and Beauty, about Cancer Prevention.

Workshop- HOW TO LET GO OF TRAUMA & FEEL FREE AGAIN

8:00-8:30 PM EST Workshop: Brett Cotter

Brett will share a tool from the Stress Is Gone Method that helps you resolve traumatic memories and release overwhelming tension from your mind and body. He will also walk you through another tool that naturally stops stress in seconds. Together these tools help you let go of the past and live a more fulfilled life in the present moment.

Sas- FAT to SLIM - Get Healthy with Ghar Ka Khana

How our kitchen spices can help cure many health issues.

Also how blend of kitchen spices with modern day diet can help achieve one's weight goal

Language: Hindi/ English

Duration: 1 hour

LINK: https://instagram.com/fat_to_slim_sas_pune?igshid=YmMyMTA2M2Y=



SATURDAY 17 SEPT

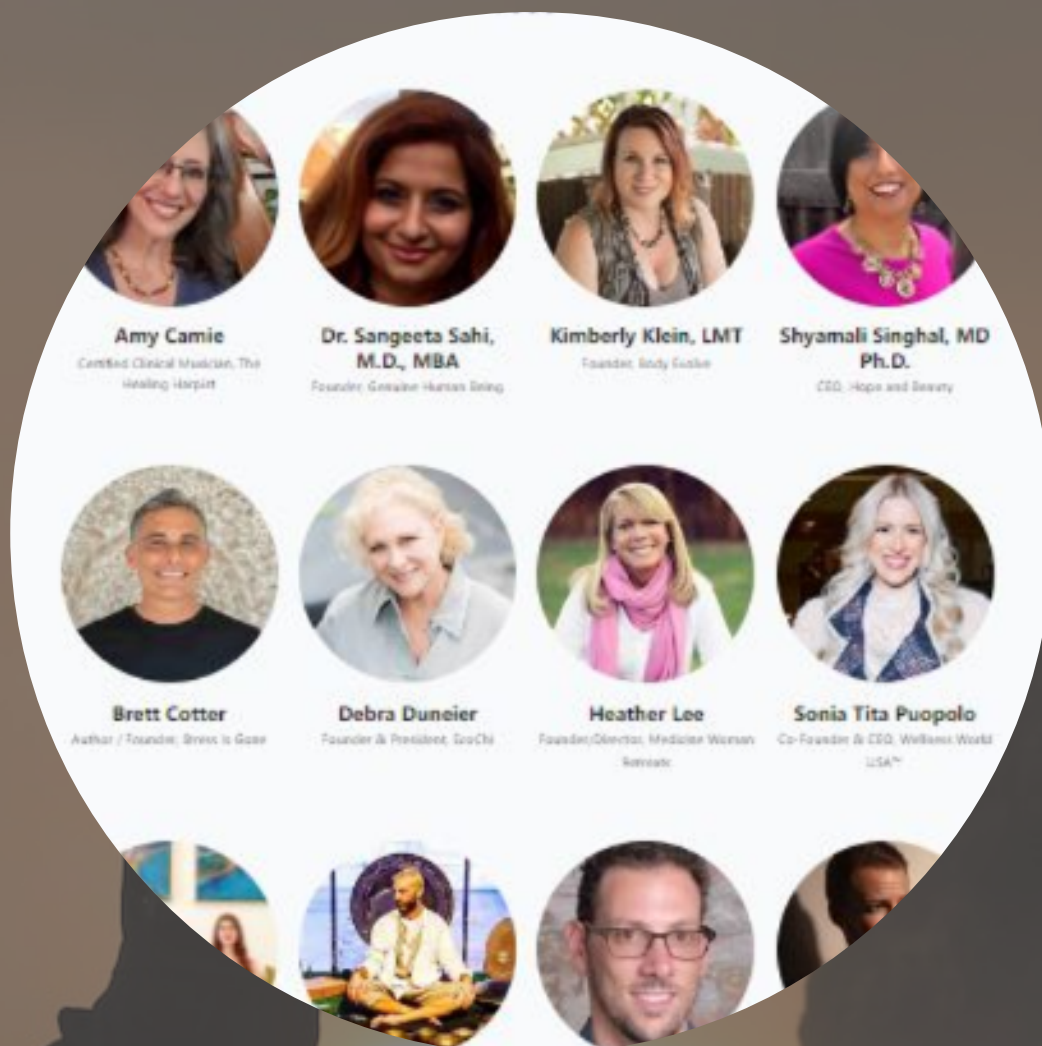
IMMUNOCOLOGIE - LIVE WELL events

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Seminar: THE ANCIENT PRACTICE OF FENG SHUI

11:00-11:30 AM EST Seminar: Debra Duneier

Debra will share DIY tips to bring mindfulness and serenity into your home with the ancient practice of Feng Shui.

Workshop: PLANT MEDICINE AND PSYCHEDELICS FOR HEALTH

11:30-12:00 PM EST

Heather Lee - Exploring the new applications of plant medicine and psychedelics for health, healing, and mindfulness. Learn about the research into psilocybin for depression, anxiety, and cancer care. Heather Lee, A licensed therapist and certified psychedelic-assisted psychotherapist shares her personal journey with cancer, plant medicine, and emotional healing

HOW TO RESET YOUR LIFE WITH EMOTIONAL INTELLIGENCE, WELLNESS, AND SELFCARE: A PATHWAY FORWARD with **Sonia Tita Puopolo**

12:00-12:30 PM EST

Science-based evidence shows that the more self-care tools and techniques you have and the positive daily habits you embrace, the more you learn about yourself and what works best for you in your life and the better life you will live!

Workshop: CONNECTING TO THE BODY THROUGH BREATH AND MOVEMENT.

12:30-1:00 PM EST

Katie + Athena, Thurber + Kakoliris

Join us in learning about the mission of Ava Retreats and a quick introduction on how to better connect with your body through breath and movement practices that are easily accessible to everyone. De-stress, reconnect and focus with just a few minutes of mindful movement and concentrated breath work

SOUND MEDITATIONS with George MacPherson

1:00-1:30 PM EST

Sound meditations offer an opportunity to connect to a vibrational exchange with harmonics and overtones through a range of instruments, our own voices, and the interplay between silence and sound. Tapping into our true frequency through active listening, exploring a level of heightened sensitivity to sound, as a vibrational being, directing us toward healing from within, but... The question remains, how do we find the stillness required to listen deeply? What is listening as opposed to hearing? And what is the difference between a sound meditation vs. sound healing and a 'sound bath.'

POOR BREATHING and BACK PAIN - **Online Q&A**

Are you aware of your breathing habits? Could poor breathing be the cause of your neck pain?

Join me on September 18th at 10am PDT, ask your questions, get helpful tips, suggestions, self-help techniques. This is an interactive workshop and I encourage your active participation.

Register for the event here: Hi there,

You are invited to a Zoom meeting.

When: Sep 18, 2022 10:00 AM Pacific Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZErfuitrDgsHtejALL34AZVycdcN8XTAzdZ>

LIGHTING AND CIRCADIAN RHYTHMS

1:30-2:00 PM Seminar: Matt Emmi

Discover accidental insights from working with tunable light with the world's most pre-eminent artists. Explore the potential effects of circadian lighting on sleep and productivity. Discuss the future of dynamic lighting in homes, restaurants, lounges, offices, and creative spaces.

GOOD ACRO, GOOD HEALTH - Acro Yoga

2:00-2:30 PM EST Workshop: Roy Davis

We will be presenting movement and flow for Acroyoga to promote trust, communication, mobility, and good physical and mental health for group or solo activities.

Workshop: RESTORING POSTURE THROUGH GROUNDED RESISTANCE AND BREATH!!

2:30-3:00 PM Angelo Grincerì

Let's call this seminar an educational workout. We will showcase my signature workout method, angles. Angles are rooted in functional biomechanics and our nervous systems' role in controlling how our body responds.

If you struggle with the foot, knee, back, and/or shoulder pain, this educational workout is for you!

We will take a much deeper look at retraining and restoring proper movement and postural mechanics with each exercise.

This workout will focus on how the foot, the pelvis, the shoulders, and the breath should work together throughout each exercise.

Workshop: WHAT IF IT WERE EASY: LOSE WEIGHT, GAIN ENERGY & FEEL GREAT IN YOUR BODY

3:00-3:30 PM EST Workshop: Sonia Satra

According to a recent study by the Mayo Clinic, 83% of Americans valued health above all other aspirations and simply wanted sensible and sustainable weight management. As a holistic health coach, NLP (Neurolinguistic Programming) practitioner, and fitness & mindset expert, Sonia begins with the question, “What if it were easy to lose weight, gain energy, and feel great in your body? What would you do?” Then by combining your own body intelligence, modern-day science, and an ancient medicine wheel wisdom, we will explore a holistic approach to health. centered around mind, body, emotions, and spirit. In this interactive presentation, the audience will deep dive into these four pillars, understand what’s holding them back, learn strategies for success and create a doable action plan for optimal health.

REIKI: YOUR ALL-IN-ONE ENERGY PROTECTION TOOL

3:30-4:15 PM EST Workshop: Linda Bertaut

Do you love your work but hate getting drained of all your energy by the end of the day? Learn how hands-on, energy healing with Reiki can perk you up and protect you from others.

INSTA LIVE with TAJ Hotels: AROMATIC DRESSING

8am EST / 14h CET / 17:30 IST (Mumbai)

Rambagh Palace, Jaipur (English)

Aromatic Dressing is derived from the Sanskrit word (Sneh-Abhyanga), Sneh means – ‘oil’. Abhyanga comes from two words ‘abhi’ and ‘anga’ which means gentle movements over body parts. Aromatic Dressing is the process of applying oils to your skin everyday. It works along with the energy channels of our body in a synchronized manner to restore vital energy, “Prana”, wherever it has become blocked. Lymphatic stimulation with natural oils helps squeeze out toxic accumulation from channels, detoxifying the body and eliminating the stored up cellular waste.

LINK: <https://www.instagram.com/tajhotels/>



HEALTHCARE SYSTEM AND BENEFITS IN MANITOBA

9am PST / 11am Winnipeg / 12am EST / 6pm CET

Informative Session (Russian)

Rooslana Zodek a Registered Health and Nutrition Counsellor, a certified Aromatherapist and a natural skincare formulator.

Learn about the public health care system in Manitoba and the private benefits that you can get from your employer.

This session would help you to understand which services are covered for free and which ones you could submit through your benefits coverage.

Registration link: <https://www.scentifique.ca/event-details/free-webinar-for-newcomers-russian-language>

SKINCARE DURING MENOPAUSE

8am PST / 2pm EST / 8pm CET / 11:30pm Mumbai

Shweta Parekh

Language: Hindi/ English

Duration: 1 hour

Menopause brings a lot of changes in the body- emotional as well as physical. Balancing work, family and personal health does get challenging.

Our skin also undergoes a lot of changes during this time.

Understanding these changes and their impact on your health can help you deal with them better.

This session will help you understand skin problems during menopause and what is the best approach to avoid them.

Language: Hindi/ English

Duration: 1 hour

LINK: <https://www.instagram.com/shwetaskincareconfidante/>

AROMATHERAPY IN COSMETICS FOR ANTI-AGING SKIN

10am PST / 12noon Winnipeg / 1pm EST / 7pm CET
(English)

Rooslana Zodek a Registered Health and Nutrition Counsellor, a certified Aromatherapist and a natural skincare formulator

Your beautiful skin is your largest body organ. It deserves only the best and to be pampered only by products as natural as your beauty. Don't let spots and fine lines hold you back. Essential oils, an ancient beauty secret, are perfect for softening the signs of aging and restoring a radiant complexion.

We invite you to discover and learn about the magic power of essential oils and how to apply them correctly to make your skin healthier, ageless, and glowing.

Registration link: <https://www.scentifique.ca/event-details/aromatherapy-for-anti-aging-skin-webinar>

Those who attend our session will get 10% off for all the Scentifique products ordered online.

Nikita Vora – DIGITAL APPS FOR MINDFULNESS

11:30am CET / 3pm Mumbai

Language: Hindi/ English

Duration: 1 hour

LINK: https://instagram.com/fat_to_slim_sas_pune?igshid=YmMyMTA2M2Y=

SUNDAY 18 SEPT

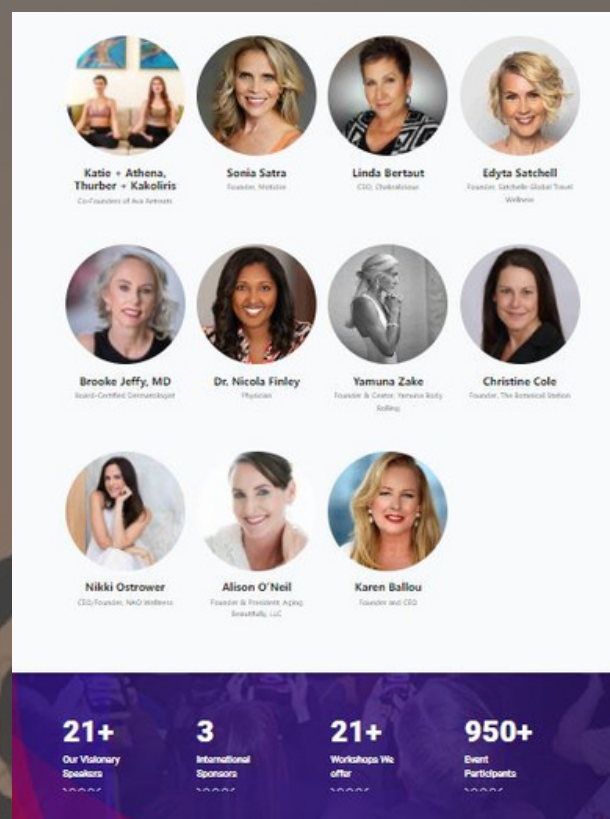
IMMUNOCOLOGIE - LIVE WELL

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INFOS: <https://immunocologie.events/>

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TRAVELER WELLNESS – 3 TIPS TO LOOK AND FEEL YOUR BEST BEFORE, DURING, AND AFTER TRAVEL

11.00 - 11.30 AM EST Workshop: Edyta Satchell

Are you tired of looking and feeling like a hot mess during your business or leisure travel? Do you want to look picture ready the moment you get off the plane? Do you always dream of looking and feeling fresh, fabulous, and 10 years younger after every trip you take? This session is for YOU. Some people don't take enough time to plan their trip, nor do they care how they look while they travel; they just pack their bags and go, BUT it is NOT YOU. It is not you because the moment you get off that plane, you need to meet your clients, business partners, suppliers, managers, bosses, team members, and others! Some of us even find their significant others during travel.

Seminar: INTERSECTION OF HEALTH, WELLNESS, AND SKINCARE

11.30 - 12.00 PM EST

Brooke Jeffy, MD

Discussing the relationship between health, wellness, and skincare.

Workshop: CULTURAL HUMILITY IN WELLNESS

12.00 - 12.30 PM EST Workshop: Dr. Nicola Finley

Cultural Humility in Wellness Wellness should be accessible to everyone – including those from underrepresented communities. One way to strive for health equity for all is to focus on cultural humility. Through cultural humility, we learn from each other. This allows for a pathway to address social determinants of health, implicit bias, and health disparities. Join Nicola Finley, MD, as she explores why telling our cultural story is essential in the wellness community.

Workshop: SIMPLE BODY MOVEMENTS THAT HAVE AMAZING BENEFITS with Yamuna Zake

12.30 - 1.00 PM

Freeing the body of all the many restrictions that develop throughout life brings greater vitality and vibrancy. We live becoming comfortable with our bodies stiffening as we age, and yet we can learn to free our bodies and not stay in restriction. Learning how to do simple movements with the body will allow you to maintain your body freer at every age.

Seminar: INTEGRATIVE BEAUTY THROUGH NUTRITION

1:00-1:30 PM EST

Christine Cole

Integrative Beauty Through Nutrition Skin wellness is an inside-out job. While we know skin is our largest organ and what we put on it matters. We also realize that it's not enough as skin health and the gut health connection influences our skin's overall wellness. People are seeking integrative options and have embraced a beauty from within approach to their daily regimens. This wellness session will provide you with easy-to-implement skin wellness practices to help you achieve your healthy skin goals.

Workshop: Nikki Ostrower - SKIN AND NUTRITION

1.30 - 2.00 PM EST

Learn the best Nutrition and Supplement recommendations for glowing, radiant skin from expert Nutritionist Nikki Ostrower, CEO and Founder of NAO Wellness. These techniques will also boost your gut health, immune system, energy, and more.

Workshop: Alison O'Neil - DEVELOPING LIFELONG PURPOSE AND MEANING

2:00-2:30 PM

Leading studies from MetLife Mature Market Institute and others show that the number one desire we all hold is to live lifelong with purpose and meaning. In this seminar, we will uncover how aesthetic health, defined by the impact of how we feel and think about the way we look and the care we take of ourselves, directly impacts our sense of purpose and meaning.

Workshop: Karen Ballou - GUT HEALTH THE INTERSECTION BETWEEN HEALTH AND BEAUTY

2:30-3:00 PM EST

We will be discussing the work our gut has to do to stay healthy and how that will effect how we look and feel. In addition how our immune system is effected by what we do to stay healthy and how we can boost our Immune system.

INSTA LIVE with TAJ Hotels: SLICES OF WELLNESS: Taj West End, Bengaluru

8am EST / 14h CET / 17:30 IST (Mumbai)
(English)

In this session, we will touch upon Slices of Wellness that can inspire the audience to add a little bit of wellness to their daily lives.

We begin with a demonstration of making the Jiva Signature Beverage – Vishuddhi Chai! It is Jiva’s Detox Beverage made with fresh Holy Basil, Organic Jaggery & Lemon.

The session is concluded by demonstration of Haldi Doodh or the famous golden milk or Turmeric Latte as it is also referred to. Made with 2 simple ingredients – milk & turmeric, this helps improve immunity, digestion, and also helps with insomnia. Turmeric is anti-allergic in nature, hence Haldi Doodh is perfect for people feeling under the weather.

LINK: <https://www.instagram.com/tajhotels/>



PAST LIFE REGRESSIONS AND BEYOND

10am PST / 12noon Winnipeg / 1pm EST / 7pm CET

(English) Facebook live

Join Luba Klovatch for an online Hypnotherapy Informative Session

She is specializing in Spiritual Regression Hypnotherapy implementing in Roosilana Zodek's work QHHT - Dolores Cannon method, elements of Michael Newton method (Life Between Lives), and other less known but as much effective methods.

The link to join the Facebook group for live streaming will be sent to you upon registration email kl_luba@yahoo.com

INFOS: <https://map.world-wellness-weekend.org/venue/en/hypnotic-solutions-spiritual-hypnotherapy/>

MINDFUL PAINTING

11:30am CET / 3pm Mumbai

Hunar_by _Ritika -

Language: Hindi/ English

Duration: 1 hour

Art is therapeutic. It helps boosting mindfulness, reduce stress and what not.

This World Wellness Week Recycle Cardboard to African mask. We know that Africans are very rich in their tribal art forms and the use of masks is one of the main characteristics of the African culture.

This step by step workshop will help you to create an African tribal mask wall decor that supports environment and helps you to burst out your expression.

LINK: https://instagram.com/hunar_by_ritika?igshid=YmMyMTA2M

12:30am CET / 4pm Mumbai

SAS fat to slim

Language: Hindi/ English

Duration: 1 hour

WORKSHOP: SELF-CARE ACCORDING TO YOUR BIRTH CHART

- name of speaker: Kait Fowlie

- duration: 45 mins

- short description for people to want to sign in: In this workshop, you will learn how your birth chart can support you in taking care of yourself, mind, body and soul.

Sunday 18th 8pm EST

- link to sign in: <https://www.kaitfowlie.com/events-3/self-care-according-to-your-birth-chart-workshop-world-wellness-weekend>

MANIFEST YOUR FUTURE HYPNOSIS AND MEDITATION SESSION

Stuart Ashing from Lux therapy Clinic, will be guiding you through the process in Sunday evenings live zoom hypnosis session, you can join us from anywhere in the world. (ENGLISH)

7pm: -9pm Learn how to Manifest the future you are dreaming of Live on zoom. The room will be locked once we start the Hypnosis. 7:10pm so please be on time:

You will need:

A stable internet connection.

Hands free device.

Headphones.

Water.

All you need to is sit back (or lay down) and let his dulcet tones wash through you

Join Zoom Meeting

<https://us02web.zoom.us/j/84462654918?pwd=cU9CbW15QzQrQkpPem1weGFMODZBZz09>

Meeting ID: 844 6265 4918

Passcode: 906798

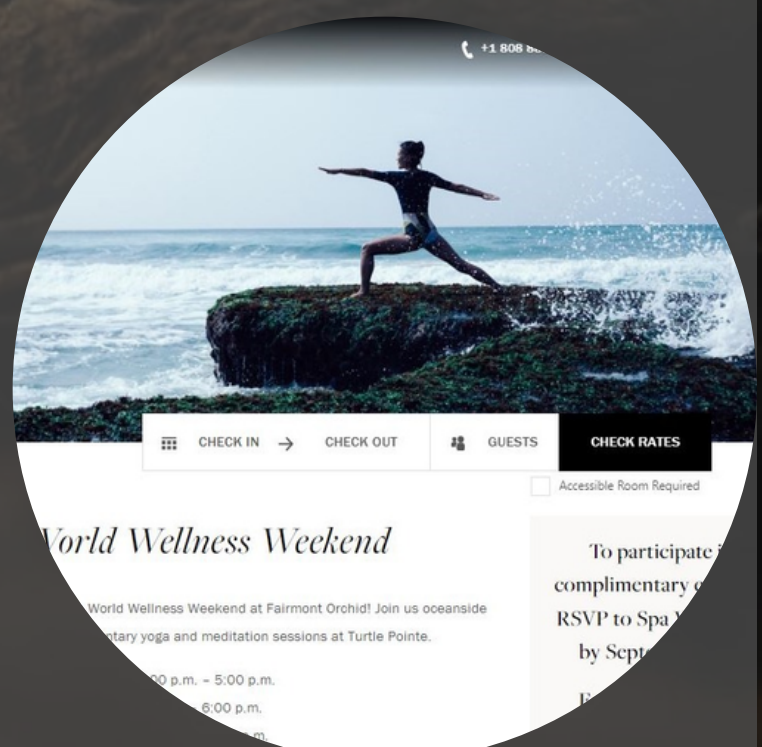
OFFICIAL CLOSING SESSIONS

Fairmont Orchid, Hawaii (times are local times in Hawaii)

- SUNSET YOGA 4pm - 5pm ENGLISH
- GUIDED MEDITATION 5:30pm - 6pm ENGLISH
- IMMERSIVE SOUND BATH 6:30pm - 7pm ENGLISH / INSTRUMENTAL

INSTA LIVE: <https://www.instagram.com/fairmontorchid/>

(INFOS: <https://www.instagram.com/p/Cig3QausZsh/>)



BEGINNER'S GUIDE TO CRYSTAL FACIAL TOOLS

With Sarah Brown

45min Virtual Workshop

Saturday 17th 9.30am USA EST

Gain confidence and clarity incorporating these powerful skin enhancing tools in to your skincare ritual.

During this insightful workshop your discover:

- Skin enhancing benefits
- Difference between the Gua Sha & Roller
- The Basics - Do's & Don'ts
- Ideal products to use with each tool
- Optimal temperature for each tool
- Gua Sha ritual to naturally lift & tone eye area (5 min routine)

LINK: <https://map.world-wellness-weekend.org/venue/en/face-f-i-t/>

CORPORATE FACE YOGA

With Sarah Brown

45min Virtual Workshop

Saturday 17th 10.30am USA EST

Within the corporate world, many employees often work long hours, sat at a desk hunched over a laptop or with a phone pressed their ears, looking down at a blue screen.

These habits can lead to a lot of tension in our face, jaw, neck and shoulders. By de-stressing the upper body and aligning the posture with the head, you feel better and you will be reenergized.

Face yoga is far easier to perform in a corporate environment than Yoga.

Join me to discover 5 at desk techniques to naturally relieve stress, pain , tension and improve energy levels.

Register here: <https://map.world-wellness-weekend.org/venue/en/face-f-i-t/>

Denise DesBarres - HOLISTIC NUTRITIONIST, COACH, BREAST CANCER WARRIOR

(After recovering from my cancer journey I founded Denise DesBarres Coaching and started to support woman diagnosed with breast cancer and support them to Heal And Thrive through surgery, treatment and their journey.)

Join me For the World Wellness Weekend I will facilitate a one hour webinar focussed on

"5 Strategies To Heal And Thrive Through Your Breast Cancer Journey"

I provide a safe space for individuals to be their true authentic selves with no judgement.

Programs I offer, create healthy structure, strategies, individualized nutritional support and programs that help them process and prepare them for healing and accountability.

Join: Friday September 16 @3:00 EST

Saturday September 17 @ 3:00 EST. 3:00 EST. EST via Zoom. Meeting ID: 872 9302 9507. Passcode: 418720