

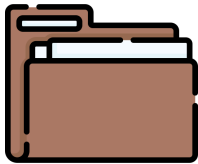


Full Focus Wellness Series

TIME: 3PM - 4:30PM | **Presenters:** Abby Cypher & Cheryl-Marie Manson

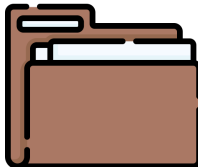
THE RESOURCES

THE TOPIC



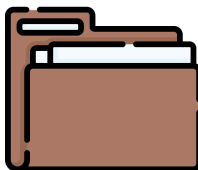
WEEK 1 | 8.26.24

The Double Win



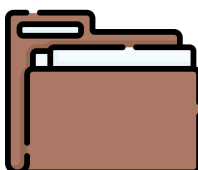
WEEK 2 | 9.9.24
WEEK 3 | 9.16.24
WEEK 4 | 9.23.24

Free to Focus and the Freedom Compass



WEEK 5 | 9.30.24
WEEK 6 | 10.7.24
WEEK 7 | 10.14.24

Full Focus Planner



WEEK 8 | 10.21.24

Sharing Out & Celebrations