

SHAKE OFF THE COVID SLUMP CLEANSE

MIND + BODY HEALING
TO REBUILD ENERGY,
IMPROVE IMMUNITY +
CREATE MORE JOY

JUNE 1-30

LED BY HOLISTIC HEALTH
COACH, JAMIE MCKEOWN +
MINDFULNESS EXPERT, JEN DORF

WEEKLY GROUP MEETINGS + 2
PRIVATE SESSIONS WITH EACH
PRACTITIONER VIA ZOOM

INVESTMENT: \$397

**HEALTHY LIVING +
DE-STRESSING MADE
FUN + SIMPLE**

WWW.JENDORFWELLNESS.COM

