

Art of Wellbeing

MONTHLY SERIES

2023

This educational series is designed to empower participants to achieve optimal health and overall wellbeing.

Monthly discussions hosted by our team of resident experts:

Date: 2nd Saturday*

Time: 11:00am

Duration: 60min

Location: Executive
Conference Room

- JULY 8
Summer Meals Made Simply
Join this fun class to learn easy tips and tools for eating light, staying fit and energized through the season.
- AUGUST 19* (3rd Saturday)
Sleep Well, Live Long
World renown health expert David Stewart, the Ageist, shares essential information on gaining quality sleep to prevent chronic illness and live with vitality. **Introduction to the Visiting Master Event through August 26*
- SEPTEMBER 9
Essential Habits for a Healthy Heart
Join us and learn how to implement simple yet important steps to reduce your risk for heart disease and protect your cardiovascular health.
- OCTOBER 14
Hair Care Beyond Beauty
Stylist Extraordinaire and one of LA's most sought-after hairdressers, Michael Solis shares a few of his salon secrets and how best to maintain healthy and luxurious hair.
- NOVEMBER 11
Festive Meal Planning
Learn to prepare meals for the season and entertain without stress. This interactive class will share simple tips and recipes to make each dining experience taste gourmet and guilt-free.
- DECEMBER 9
The Power of Gratitude
Discover how a simply daily practice can shift your perspective and open the doors to abundance.