



Weekly Resources

Week One:

- [Journal Page](#)
- Workout:
 - [Upper Body with Faith Rawley](#)
 - [Lower Body with Faith Rawley](#)
 - [Core with Faith Rawley](#)
- Mental Health:
 - [Self Care is the Gift that Keeps Giving](#)
 - [Coping with Grief During the Holidays Pt. 1](#)
- Nutrition: Breaking Free from the Diet Cycle
 - [Video](#)
 - [PowerPoint](#)
 - [Worksheet](#)

Week Two:

- [Journal Page](#)
- Workout:
 - [Upper Body with Kaori Fraser](#)
 - [Lower Body with Kaori Fraser](#)
 - [Balance and Stability with Kaori Fraser](#)
- Mental Health:
 - [Balance During the Holidays Work, Rest and Play](#)
 - [Coping with Grief During the Holidays Pt. 2](#)
- Nutrition: Fuel Your Life by Building a Balanced Plate
 - [Video](#)
 - [PowerPoint](#)
 - [Worksheet](#)



Weekly Resources

Week Three:

- [Journal Page](#)
- Workout:
 - [Lower Body with Audrey Rucker](#)
 - [Balance & Mobility with Vivian Danis](#)
 - [Core with Vivian Danis](#)
- Mental Health:
 - [Fending Off Financial Stress During the Holidays](#)
 - [Thriving During the Holidays](#)
 - [The Importance of Memorialization](#)
- Nutrition: Meal Prep Made Simple
 - [Video](#)
 - [PowerPoint](#)
 - [Worksheet](#)

Week Four:

- [Journal Page](#)
- Workout:
 - [Glutes with Orzealyea Cavil](#)
 - [Full Body Workout with David Milam](#)
 - [Grip Strength with Audrey Rucker](#)
- Mental Health:
 - [Ways to Make Your Holiday Season Jolly](#)
 - [How to Balance Sorrow, Joy & Hope](#)
- Nutrition: Listening to your Body
 - [Video](#)
 - [PowerPoint](#)
 - [Worksheet](#)



Weekly Resources

Week Five:

- [Journal Page](#)
- [A Conversation on Own Your Season](#)
- Workout:
 - [Pilates Core with Hannah Shipley](#)
 - [Pilates with Hannah Shipley](#)
 - [Tips While at Work from Faith Rawley](#)
- Mental Health:
 - [Happiness & Harmony](#)
 - [Holiday Angst](#)
- Nutrition: Balance Your Cravings
 - [Video](#)
 - [PowerPoint](#)
 - [Worksheet](#)