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