



A Leavitt Group Company

2023
HEALTH & WELLNESS

Year of Intention

Be sure to check your email on the last Tuesday of each month for Healthy Habits Resources including a monthly calendar, mini challenge, newsletter, flyer, and nutrition tips.



- January** ● New Year Intentions
- February** ● Intentional Inner Circle
- March** ● Intention in the Kitchen
- April** ● Intentional Healthcare Habits
- May** ● Mindful Movement
- June** ● Boost Brain Health
- July** ● Contributing to Your Community
- August** ● Personal Progression
- September** ● Intentional Conversations
- October** ● Intent to Prevent
- November** ● Gift of Giving
- December** ● Purposeful Presence