

Healthy Family Workshop

Wednesday, December 23, 2020, 8:00PM



Please join me, from the comfort of your home, via zoom, for a 90-minute family wellness workshop.

We will focus on all aspects of family health. Including: nutrition and healthy kids-approved recipes, supplements to boost immunity, forming healthy sleep habits, mindfulness, and more. This will not be preachy at all because that is NOT my jam. It will be fun, informative, and interactive. I will allow plenty of time for questions and the whole session will be available via recording afterwards.



Victoria Leger
[Happy Healthy Whole](#)

Certified Holistic Health and Nutrition Counselor, mama of 4, farmers' market enthusiast, yogini, extrovert, eternal optimist.

I help mothers navigate and optimize their well being through nutrition and lifestyle changes. I empower women to be the best versions of themselves through a whole body and mind approach. Specializing in anti-inflammatory diet, emotional health, and family health. www.victorialeger.com @victorialeger

Cost: \$45

Venmo: @Victoria-Leger-4