

SERIES ON WELLNESS

CARING FOR THE TEMPLE OF THE HOLY SPIRIT

HEALTHY LIFESTYLE CHANGES

PRESENTATION BY
NORA KNADJIAN



Nora Knadjian
Certified Wellness & Life Coach
AFAA Fitness Instructor
Nora Knadjian Coaching
Advocate Aurora Health

This presentation will help identify the key factors that play an important role in our healthy aging process. You will also learn how to manage your nutritional, mental, and physical health, and how to tackle the challenges that come with aging. Expect to learn how to prevent illness and be motivated to live a healthy lifestyle!

**Thursday,
April 29, 2021**

**7:00 PM (CST)
via Zoom**

To register
tinyurl.com/WellnessNora