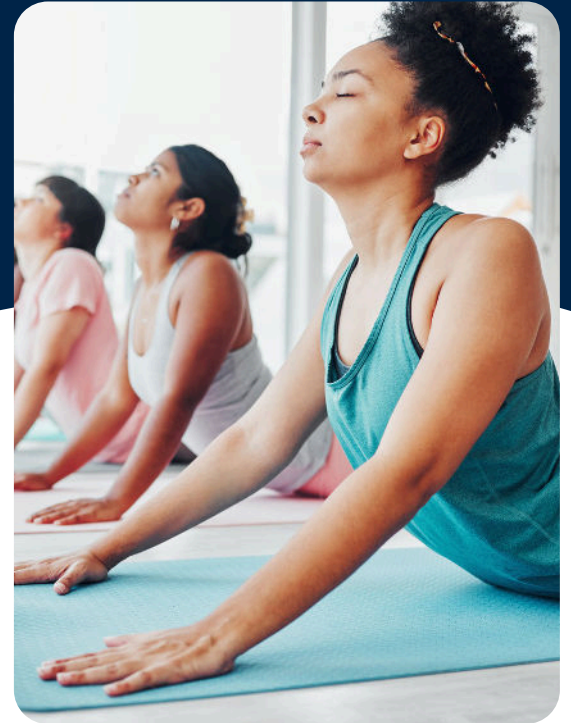


# Experience March's Live Events



This month, we're embracing Wellbeing Balance - finding harmony in work, life, and movement. Join us for three exclusive events designed to help you cultivate a balanced mindset, fuel your body with the right nutrition, and embrace flexibility in all aspects of life.



**March 6**

@12:00 PM ET

[REGISTER](#)

## Take Back Your Day: Easy Time Management Tips for a Balanced Life

Join us to learn practical strategies to manage your time more effectively and reduce stress in your daily life. Discover how small adjustments can lead to big improvements in your productivity and overall well-being.



**March 19**

@12:00 PM ET

[REGISTER](#)

## Unlocking the Secrets of Nutrition Labels: A Step-by-Step Guide

Join us as we walk you through everything you need to know about reading and understanding nutrition labels. From decoding tricky terms to identifying the nutrients that matter most, this webinar will help you make informed decisions.



**March 27**

@12:00 PM ET

[REGISTER](#)

## Strength in Your Values: Embracing Flexibility for a Balanced Life

We'll explore how connecting deeply to your values and purpose provides the strength you need to make aligned choices in your life—choices that may not always be easy, but are always in service of your greater goals.

