

MORNIN'



A 6-week actionable program consisting of
6 HABITS

MOVE • OATH • READ • NOURISH • IMAGINE • NOTE

MORNIN' will teach you how to implement a daily routine in which you start the day feeling calm, focused and energized to conquer the challenges ahead.



Tuesdays, January 9 - February 13
12:00 p.m. to 12:45 p.m.

Join 1, 2 or all 6 sessions.
See you there!

Scan the QR code to register.

Or, use the registration link:

https://phs-org-corp.zoom.us/webinar/register/WN_3_2Pwi_kTUalpZGTdGXn9g



Questions? Contact wellness@phs.org