

# Glow Up

A Two Part  
Wellness Webinar Series

Your seasonal wellness  
journey ~ from ignition  
to transformation  
FREE to all caregivers!

Register at the link or QR Code Below:  
[https://CXO.formstack.com/forms/summer\\_glow\\_up\\_2026](https://CXO.formstack.com/forms/summer_glow_up_2026)



**Part 1:**  
**Wed, June 24th**  
**12:15 - 12:45 PM**

"Ignite Your  
Wellness"

- Tips for seasonal eating & hydration
- Create a positive summer mindset
- Simple movement habits
- Set a Summer Wellness Pledge

**Part 2:**  
**Wed, September 16th**  
**12:15 - 12:45 PM**

"Carry Your Glow  
into Fall"

- Tackle back-to-routine anxiety
- Shift your movement indoors
- Your personalized Fall Wellness Gameplan

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