

## Program Includes:

- Access to a private webpage with over 50 short & simple videos of breathing, nutrition & movement exercises to follow.
- A 30-day Program Calendar to guide you through videos, recipes & resources.
- Discount on private consultations.



St. Jude Wellness Center's

# COVID Recovery Program

An online, self-paced program of integrative wellness practices for enhanced physical and mental health post-viral infection.

**Cost:**  
**\$25**



For More Information:

**(714) 578-8770**

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**[www.stjudewellnesscenter.org](http://www.stjudewellnesscenter.org)**