







30 X 30

Awareness Session Calendar

Date	Day	Time	Professional	Webinar Topic
2 nd November	Wednesday	3 Pm	 <p>Razan Abou Assaf ENHAPP Wellness Coach & Nutritionist</p>	Boost Your Energy! How to stop feeling tired
9 th November	Wednesday	3 Pm	 <p>Aishwarya Deepika ENHAPP Wellness Coach & Nutritionist</p>	Good Sleep For Good Health: Impact of sleep on your health & improving sleeping habits
16 th November	Wednesday	3 Pm	 <p>Zenia Menon ENHAPP Wellness Coach & Nutritionist</p>	Fueling The Active Exerciser: Pre & post workout meal planning
23 rd November	Wednesday	3 Pm	 <p>Zenia Menon ENHAPP Wellness Coach & Nutritionist</p>	Impact Of Physical Activity On Mental Health

