

Awareness Session Calendar

| Date | Day | Time | Professional | Webina |
|------------------------------------|-----------|------|--|---|
| 2nd November | Wednesday | 3 Pm | Razan Abou Assaf ENHAPP Wellness Coach & Nutritionist | Boost Your Energy! Hov |
| 9th November | Wednesday | 3 Pm | Aishwarya Deepika ENHAPP Wellness Coach & Nutritionist | Good Sleep For Good Hea your health & improv |
| 16th November | Wednesday | 3 Pm | Zenia Menon ENHAPP Wellness Coach & Nutritionist | Fueling The Active Exerci meal plo |
| 23rd November | Wednesday | 3 Pm | Zenia Menon ENHAPP Wellness Coach & Nutritionist | Impact Of Physical Acti |

For more details, email us at marketing@enhapp.com

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ar Topic

ow to stop feeling tired

ealth: Impact of sleep on ving sleeping habits

ciser: Pre & post workout lanning

tivity On Mental Health



