

JOINT CLASS

# Every Body Matters

STRENGTHENING YOUR BODY TO  
STRENGTHEN YOUR SOUL

BY KRISTIE FAVIA & LILLIAN YODER

## Final 2 Sessions with Lillian Yoder

### Session 4

Defining health and wellness goals. Oral/gut microbes, how they interact and influence each other. Stress/sleep/nervous system.

### Session 5

Nutrition. Hydration. Building muscle and maintaining habits to support our goals.

## About Lillian Yoder

I'm 45, a wife and mom of 3. The journey of health and wellness is personal and ongoing. I experience nutrition, stress management and strength training as tools I still use to help myself and others overcome and manage setbacks, understanding the body and achieve personal goals.