

This 6-week course includes weekly sessions to watch as a family at home as well as interactive live sessions conducted on the Florida Medical Clinic Orlando Health, Wiregrass Campus on Tuesday evenings. If you are interested in hosting a 6-week program at your location, contact us via [Hello@myr3health.com](mailto>Hello@myr3health.com).



Week 1

Session 1.1: The Sneaky Food Industry (prerecorded video)

Session 1.2: Ignite a Purpose, Create a Revolution (In-Person)

Week 2

Session 2.1: The Human Diet (prerecorded video)

Session 2.2: Why We Eat (In-Person)

Week 3

Session 3.1: Gut, Food, and Mood (prerecorded video)

Session 3.2: Customizing Your Nutrition. Identifying Personal Goals (In-Person)

Week 4

Session 4.1: Food is Fuel (prerecorded video)

Session 4.2: Moving for Life (In-Person)

Week 5

Session 5.1: Navigating Social Situations (prerecorded video)

Session 5.2: The Power of Sleep (In-Person)

Week 6

Session 6.1: Relationships: Family. Friends. Food (prerecorded video)

Session 6.2: Lead the Way to Ignite a Revolution (In-Person)