



# Nurture Your Immune System Series

Tuesday nights 6:30-7:30 PM via Zoom

Explore ways to balance your immune system to increase resilience against infectious diseases.

## September 15

**Dr. Seeman, ND, *Dragonfly Health Care***

- The two parts of the immune system and how they function
- How to feed your microbiome to support immunity

## October 6

**Dr. Katherine Heineman, DO, *Your Osteopathic Care***

- The importance of lymphatic flow for immune health
- How osteopathic manipulation supports the body

## October 27

**Susan Skinner, NBC-HWC, *FITNESS By Design***

- You can regulate your nervous system using breath & soothing touch
- How to build “REST snacks” into your day to help with sleep

## November 17

**Lori Graff, RDN, LD, CPCC, AFAA, *Graff Integrative Health***

- Nutrition is key to immune health, explore eating a variety of foods
- Learn how “whole foods” maximize essential vitamins & minerals

## December 8

**Mary St. Onge, IAYT Certified Yoga Therapist, *FITNESS By Design***

- Simple, daily movements to strengthen your immune system
- How to harness energy as medicine through yoga

Tickets at [FitnessByDesignDM.com](https://www.FitnessByDesignDM.com)

\$40 for the series

Click CLASS SCHEDULE

Choose any date to buy the entire series:

SEPT 15, OCT 6, OCT 27, NOV 17, or DEC 8

Click SIGN UP NOW

Or contact Barb Mendoza to register

[barbworkout@gmail.com](mailto:barbworkout@gmail.com) or 770-3844

