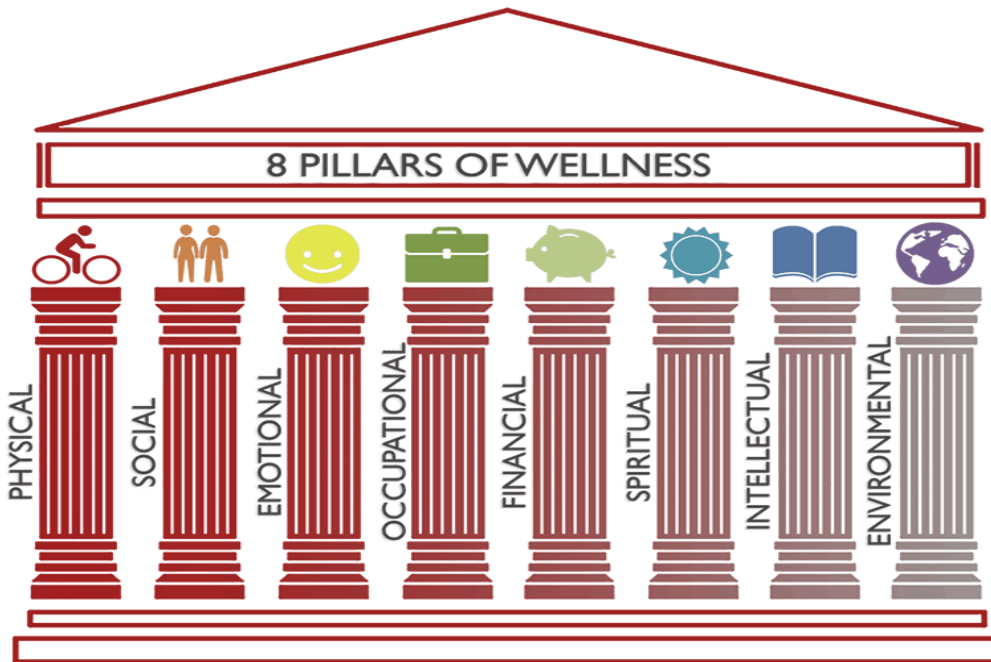


# HUMBLE WARRIOR WELLNESS CENTER



## PILLAR SEMINARS

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Holistic health and wellness is sustained by eight pillars: physical, nutritional, emotional, social, spiritual, intellectual, financial, and environmental. The pillars give a sense of how to work towards optimal wellness.

At Humble Warrior Wellness Center, through our network of affiliates, we will host monthly pillar seminars that will be led by experts and top professionals in their fields. These seminars will provide knowledge and education on topics that pertain to at least one of the 8 pillars of wellness.

Strengthening our service members' understanding of each pillar and providing education on each topic area will provide a great foundation for for them to elevate their wellness and live their best, healthiest life.