

Welcome To:

15
Tips

Keep Your Family Healthy During Cold & Flu Season

A virtual workshop  Esther Yunkin, RN

3 WAYS TO GET VALUE

FROM THIS WORKBOOK

01

Print this workbook and use it during our workshop to stay fully engaged and take notes on the actions you want to implement quickly. (To save ink, print pages 2-5 only.)

02

Think of **ONE QUESTION** you want answered while we are together. If I don't answer your question during the workshop, you can ask it during the Q&A portion.

03

To maximize your time spent on this workshop, at the end of the session, decide on just one **ACTION** you plan to complete in the next 24-hours. Taking action right away will give you instant momentum to boost your immune system and improve your health.



When I get sick it costs me: *(time, money, energy, patience, etc.)*

- 1.
- 2.
- 3.

When my kids get sick:

- 1.
- 2.
- 3.

What would a healthy winter feel like?

Most colds and all influenza are:

STAY HEALTHY TIP #1

STAY HEALTHY TIP #2

STAY HEALTHY TIP #3

STAY HEALTHY TIP #4

STAY HEALTHY TIP #5

STAY HEALTHY TIP #6

STAY HEALTHY TIP #7



STAY HEALTHY TIP #8

STAY HEALTHY TIP #9

STAY HEALTHY TIP #10

STAY HEALTHY TIP #11

STAY HEALTHY TIP #12

STAY HEALTHY TIP #13

STAY HEALTHY TIP #14

STAY HEALTHY TIP #15

STRATEGIES FOR WHEN SICKNESS HITS

WHAT AM I GOING TO IMPLEMENT RIGHT AWAY:

PRODUCTS I WANT:



CONTINUE YOUR JOURNEY

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YOUR JOURNEY TO WHOLE HEALTH

Healthy Homeschool Moms

A free group (on Facebook) where you can find support, encouragement, and occasional free challenges to help you progress on your journey to whole health.

[Click Here](#)

www.facebook.com/groups/healthyhomeschoolers

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Holistic Wellness Plan

This 3-hour session will allow you to ask questions about your unique situation, discover holistic modalities that could help, and work with Esther to develop a plan that will set you up for success in your wellness journey. \$450

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