

Clean Living Co.

WEEKLY WELLNESS *REMINDER*





Move for 20

Take a 20-minute walk or stretch session today.



Hydrate often

Drink lots of water daily. Add lemon or mint to make it fresh and energizing.



Limit Screens

Turn off all screens at least an hour before sleep.

This Week at Clean Living Co.

Pilates 101 – Friday 6:00 pm (drop in)
Meal Prep for Beginners – Sunday 4 pm (virtual)
New Recipe: Street Corn Chicken Rice Bowl

Here's to clean habits and a clear mind,
The Clean Living Co. Team

Contact Us

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