

# Nourish Your Body, Transform Your Health



## Are you ready to transform your health with supportive foods?

You're invited to join the two-week **Supportive Foods mini-series** led by functional nutritionist Christina Sandok. In this program, we'll explore a variety of supportive foods, share delicious and nourishing meal ideas, and provide downloadable recipes for you to try at home.

Learn about supportive foods that can impact all areas of health, including: **digestion, immunity, metabolism, mental focus, sleep, and skin.**

### How to Join the Program

In your Wellbeats *Wellness* account, go to **Programs** and select **Supportive Foods** to join the program.



**About  
Christina  
Sandok**

Christina is a functional nutritionist passionate about helping people eat based on what fuels the body and brings joy.



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[portal.wellbeats.com](https://portal.wellbeats.com)