

Spiritual Body Building:

Change Your Mind, Change Your Temple, Change Your Life

Finding Joy and Balance in Your Life

Host + Speaker Renee Wiggins
RD, LD, Certified Health and Wellness Coach

JUNE 23, 2014 TELESUMMIT



My Notes for Spiritual Body Building TeleSummit

Speaker: _____

Topic: _____

My Notes, Questions, Action Plan and Ideas
