



Leeann (Total B.I.O.) and Christopher (Total B.I.O. Kids) team up to serve the community!

IT'S ALL ABOUT LOVE

IN REAL LIFE

Love, in real life, looks like the unglamorous choices that keep your world moving. It's making the appointment you've been avoiding. It's going to bed on time instead of squeezing in one more thing. Love is making money decisions that will give you peace. It's setting boundaries to protect your peace. It's feeding yourself something healthy when you want a donut. This month, I want you to prove to yourself that you matter, one choice at a time.

FEBRUARY EVENTS

♥ **GLOW Club: Virtual Girls Club**

- Glow and Let Go - Monday 16, 7-7:45 pm
- Glow and Let Go - Monday 23, 7- 7:45 pm

♥ Vendor Fair - Saturday 21, 10 am -3 pm

♥ Vendor Fair - Saturday 28, 10 am -3pm

For more details, visit the **Events** Page on the website.

FEATURED WORKSHOP

Control vs. Trust: The Art of Surrender

This is for the woman who keeps everything afloat and secretly feels like she is drowning. In two hours, you will trade your death-grip for trust.

For more details, visit the **Workshop** Page on the website.



COMMUNITY MATTERS

Total Body Inside Out's new program, Total B.I.O. Kids, is a free family wellness program that supports moms and children with wellness workshops and tools that promote healthy routines and confidence building habits. We help families grow stronger together.

Coming Soon: [TOTALBIOKIDS.ORG](https://totalbiokids.org)