

Health and Wellness Letter to Parents



Welcome to Health and Wellness! My name is Heather and my email address is: wholefoodslifestyles@gmail.com. Please feel free to email me at any time with questions and/or concerns. Health and Wellness is very important to me and something that I have a great deal of personal and professional experience with. In fact, my Bachelor's degree is in Nutrition Science, as I am especially passionate about nutrition.

These classes are designed as talking points for you and your child to discuss during your time homeschooling. They do not cover all aspects of health and wellness so if there are other topics you would like covered you can email me for help (maybe I will even add them to future classes).

I am so excited to have all of you in my class. Let's get started!