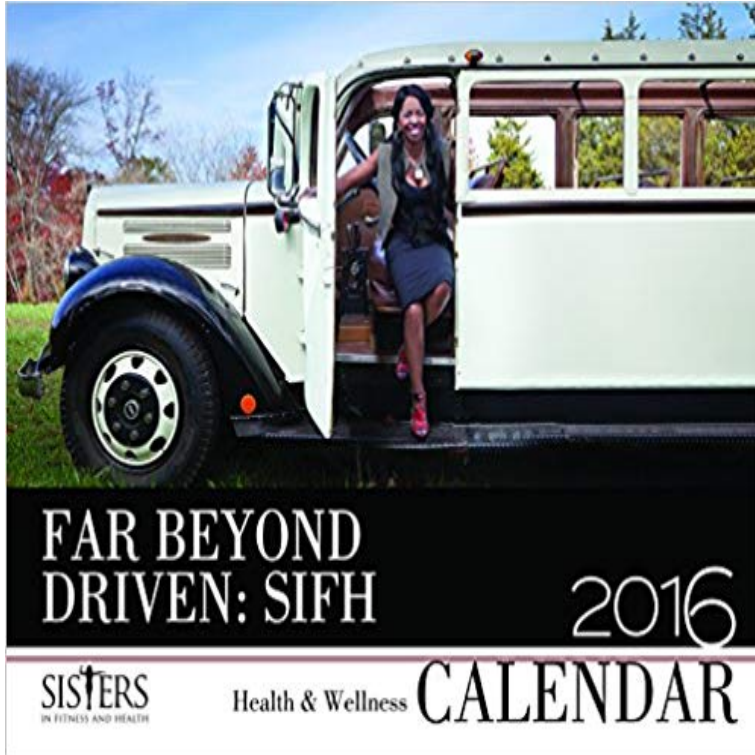


# 2016 Health & Wellness Calendar: Far Beyond Driven: SIFH



The SIFH 2016 Calendar titled: Far Beyond Driven: SIFH is more than your typical calendar. Peek into the lives of 12 beautiful women and see what their JOURNEY has been and how they continue to strive for SIFH's Guiding Principles: Health of Mind, Body & Spirit. On each page meet a woman just like yourself. A woman who decided that Health & Wellness for herself could no longer be a luxury. Also on each page you will see a vintage vehicle that has stood the test of time, a great recipe to add to your collection and inspiring words to encourage you to COME ON BOARD with SIFH. We are Far Beyond Driven and together we can help you embark upon a healthier lifestyle and a more abundant life.

Wellness tips for a healthy routine from morning to night. Follow this daily schedule and you'll be on your way to more effective exercise, May 17, 2017. Screen-Free Week - unplug from digital entertainment. May 7-13, 2017. National Children's Mental Health Awareness Week. 2016 Health & Wellness Calendar: Far Beyond Driven: SIFH The SIFH 2016 Calendar titled: Far Beyond Driven: SIFH is more than your typical calendar. Peek into the lives of 12 beautiful women and see what their JOURNEY has been and how they continue to strive for SIFH's Guiding Principles: Health of Mind, Body & Spirit. On each page meet a woman just like yourself. A woman who decided that Health & Wellness for herself could no longer be a luxury. Also on each page you will see a vintage vehicle that has stood the test of time, a great recipe to add to your collection and inspiring words to encourage you to COME ON BOARD with SIFH. We are Far Beyond Driven and together we can help you embark upon a healthier lifestyle and a more abundant life.

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