

# THRIVE THE HOLIDAYS



## What does this event entail?

- \* Intimate Q&A sessions with Molly and Lindsey Duncan
- \* Robust information and education to help fight the Holiday blues and Holiday bloat
- \* Key tips & tricks to stay physically and mentally healthy during the holidays
- \* A recorded copy of the event for later viewing
- \* And more!

## How do I watch?

- \* This live stream will take place using Zoom. We chose to use zoom because of the familiarity of the software. If you haven't used Zoom before you *will not* need to create an account.
- \* After purchasing your ticket, you will receive an individualized access code, sent directly to the email you signed up with and this will allow one device to tune in using this access code.
- \* If you have any questions about how to stream the event, we will be adding a video at the bottom of the events webpage, which will explain, step by step, how to access the event and save your recording to watch over and over!

This event will stream live, Tuesday, December 7<sup>th</sup> from 8-10pm est.  
Further instruction will be provided via email, closer to the event date. Please feel free to reach out to our customer service team for any additional info or support. Email: [info@revive-today.com](mailto:info@revive-today.com)

Phone: 1-888-563-3400