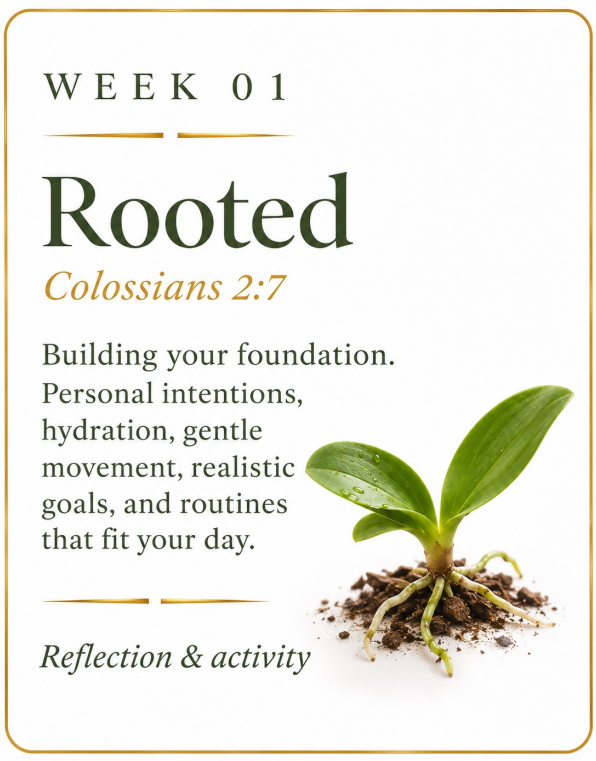
Week 1 — Rooted

Colossians 2:7



Building your foundation.

Personal intentions, hydration, gentle movement, realistic goals, and routines that fit your day.

My reflection and next step

Write, plan, or reflect here	
Notes	

The Four-Week Renewal is a future non-medical educational offering. Dates, enrollment, and group activities are shared when confirmed.