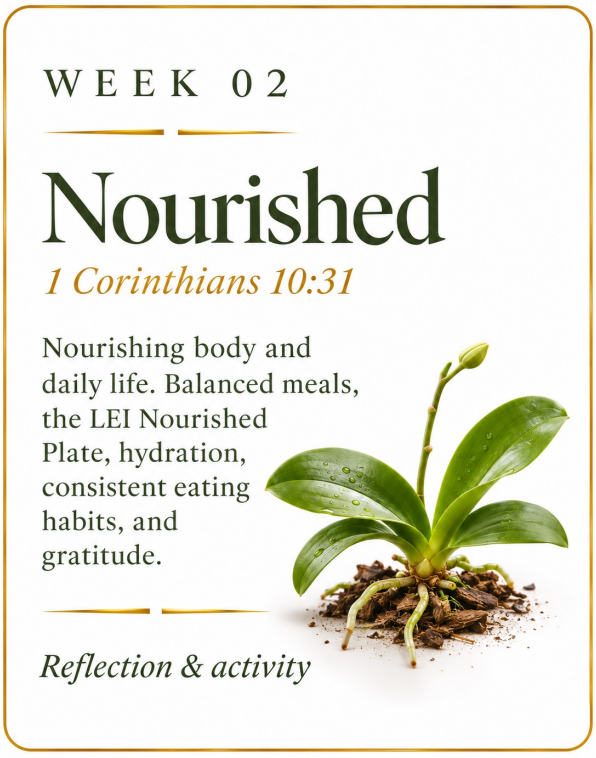
Week 2 — Nourished

1 Corinthians 10:31



Nourishing body and daily life.

Balanced meals, the LEI Nourished Plate, hydration, consistent eating habits, and gratitude.

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.