

## [CONNECT] Updates!

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From: Dr. Venus (team@doctorvenus.com)

To:

Date: Friday, March 27, 2020, 11:13 AM PDT

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Welcome to Day 5 of the CONNECT TO HEALTH experience!

Hope the suggestions I've provided this week were helpful - that you've got an idea for a healthy eating plan that may actually work for you right now. If not, let's CHAT about it!

**Tomorrow**, I'm getting online for a Zoom video call and we'll cover a couple of things:

- I'll lead you through an amazing meditation which includes a progressive muscle relaxation exercise. You'll find it energizing as well as relaxing! Dress comfortably. If possible, be in a place where you can lay down and still hear the audio for the call
- Then, I'll stay online afterwards to chat with you. I'll answer any questions you have. And it will be an awesome chance to CONNECT with each other. C'mon! I'd love to hear what's on your mind these days. Even if you don't have any specific questions, we'll just chat about what's happening in your part of the world.

Join me on the Zoom call at:

Time: Mar 28, 2020, 10:00 AM Pacific Time, 1:00 PM Eastern Time (US and Canada)

Join Meeting Link: <https://us04web.zoom.us/j/996429857>

Meeting ID: 996 429 857

If it's your first time to use Zoom, be sure to click the link a couple minutes early to allow time for the app to download. (You can use a computer, tablet, or smartphone.)

### One more thing...

There's a **CORRECTION** on the [sample workout PDF](#) that I initially provided (if you downloaded it between March 23-March 26). For the workouts that include punches, there is a section where I ask you to repeat [G] through [H], but it's SUPPOSED to be [A] through [H].

You can download the corrected version of the sample workout [HERE](#). If you joined our program a little late, I've also included the previous emails and downloads on [this page](#).

*Stay Fit! Be Happy!*

-Dr. Venus

DoctorVenus.com

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