

WEBINAR: CRYOTHERAPY

HARNESSING THE POWER OF COLD FOR HEALTH



Discover the science behind cryotherapy and how cold exposure may reduce inflammation, relieve pain, and accelerate recovery.

WEDNESDAY,
DECEMBER 17TH
12:00 P.M.-12:30 P.M.
EST

We'll also explore outdoor activities to enjoy during colder weather.

Join this **Kapnick Strive** webinar and maximize the benefits of the chill for both body and mind.



SCAN TO REGISTER

OR VISIT [INFO.KAPNICK.COM/STRIVE-MONTHLY-WEBINARS](https://info.kapnick.com/strive-monthly-webinars)