

# CRYOTHERAPY: HARNESSING THE POWER OF COLD FOR HEALTH

From **polar plunges to ice pack therapy**, cryotherapy is on the rise among professional athletes and wellness enthusiasts, alike. But what are the risks and benefits?

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

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.

REGISTER TO LEARN MORE ABOUT **CRYOTHERAPY!**



JOIN KAPNICK STRIVE ON  
WEDNESDAY, DECEMBER 17<sup>TH</sup>  
12:00 P.M.-12:30 P.M. EST

Scan to register or visit  
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