

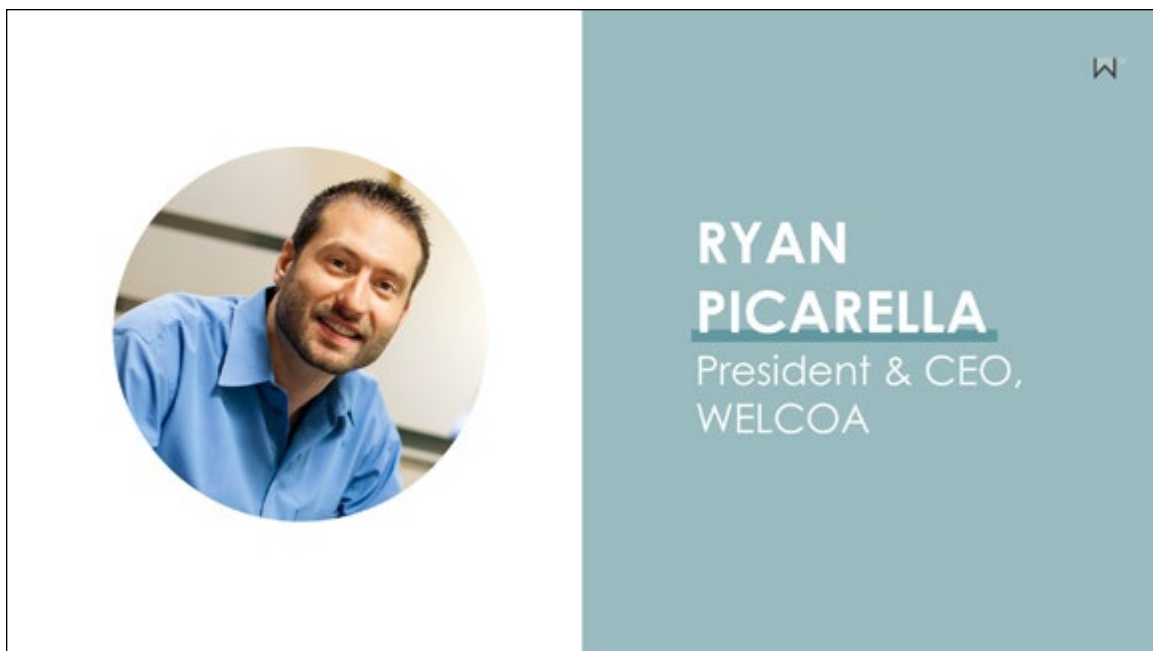
PPN Webinar: Metahuman: Venturing Beyond Limitation

Dr. Deepak Chopra

World-Renowned Pioneer in Medicine and Personal Transformation • The Chopra Foundation



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A WELCOA PREMIER PROVIDER NETWORK WEBINAR WITH 



DEEPAK CHOPRA, MD
World-Renowned Pioneer in Medicine
and Personal Transformation
The Chopra Foundation

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DEEPAK CHOPRA, M.D.

World-renowned pioneer in integrative
medicine and personal transformation

Board-certified in internal medicine,
endocrinology, and metabolism

Clinical Professor of Family Medicine and
Public Health, University of California at
San Diego

Author of 85+ books



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THE PILLARS OF WELLBEING: A QUICK RECAP

1. Sleep
2. Meditation & Stress Management
3. Movement, Yoga, Pranayama
4. Emotions
5. Nutrition, Nourishment
6. Biological Rhythms, Grounding
7. **NEW PILLAR: METAHUMAN*

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THE SELF & OUR REALITY

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TAKE THE EVALUATION
Don't Forget...

W*

You will receive an evaluation via email in approximately 90 minutes. Please complete it and you'll receive the **"Stress Toolkit"** from **Virgin Pulse**.

If you have questions, please submit them to WELCOA via email at webinars@welcoa.org.

A computer monitor is shown, displaying a webpage titled "STRESS TOOLKIT". The webpage has a teal header with the title and a sub-header: "After your evaluation, take an action plan to become more resilient and improve performance". Below the header, there are three main content blocks. The first is "CREATING MINDFUL LEADERS" with a red background and a "WATCH THE VIDEO" button. The second is "HOW TO LEAD YOUR ORGANIZATION THROUGH A 'TUFF' WORLD" with a black and white image of a person's face. The third is "MINDFULNESS SIDE EFFECTS" with a red background and a "WATCH THE VIDEO" button. At the bottom of the webpage, there are several smaller images and text snippets.

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