

Z-HEALTH PERFORMANCE SOLUTIONS, LLC

PRESENTS THIS CERTIFICATE TO:

Nicole Vogel

Certified Date:

FOR SUCCESSFULLY COMPLETING

THE BREATHING GYM ONLINE

Study hours: 2

Concepts covered:

- Breathing & The Nervous System
- Critical Breathing Anatomy and Neurology Concepts
- Breathing Exercises for Pain Relief
- Breathing Exercises for Movement and Performance
- Breathing Exercises for Targeted Brain Stimulation
- Breathing Tools & Equipment Recommendations



BREATHING
GYM

A handwritten signature in black ink, reading 'W. Eric Cobb, D.D.'.

Dr. W Eric Cobb
Z-Health Founder and CEO