

Monthly Lifestyle Package

Included in this Package:

- *Two 1-hour One-on-One Lifestyle Sessions per Month
- *Communication Access via Email, Phone, & Social Media throughout the Month
- *Inspiring and Relatable Material Sent to You to Motivate You on Your Journey
- *Accountability to Your Lifestyle Changes
- *Quarterly Lifestyle Newsletter Sent to Your Email Filled with Useful Tips & Events
- *Free Monthly Workshop (If Available)

Your Investment: \$100 (+tax) per month

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