

Free in 15

Optimize your potential and transform your mind, body, and spirit with the Free in 15 program.

What's included?

Free e-book to accompany the program's curriculum
Group meeting once a week for education and support
(Distance learning options available)
One coaching call per week
Pre- and Post- Program assessments
Daily habit and accountability tracker
Daily affirmations and guidance
Online support forum

Cost: \$40 per week

Start Date: January 5th, 2017

Optional program add ons:

Wellness Warrior Workbook
Physical Fitness Training
Fitness routine planning
Meal planning
Wellness portal
Post program coaching
Supplementation



To enroll now:

Contact: shelly@healthiswellth.org

Visit: www.healthiswellth.org/free-in-15