

GROUP

Health + Wellness Program

WITH COACH

CD Bennetter



12 SESSIONS
EACH SESSION
IS 75 MINUTES
LONG &
MEETS EVERY
TWO WEEKS

**\$50.00 PER
PERSON**
(PER
SESSION)
**15 PEOPLE
PER CLASS**

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|------------|------------------------------------|
| SESSION 1 | CIRCLE OF LIFE & GOAL SETTING |
| SESSION 2 | SEED OILS & SUGAR IN DISGUISE |
| SESSION 3 | FOOD & MOOD |
| SESSION 4 | EATING HEALTHY ON A BUDGET |
| SESSION 5 | CRAVINGS |
| SESSION 6 | RELATIONSHIPS & NURTURING THE SELF |
| SESSION 7 | INTUITION & DIGESTION |
| SESSION 8 | BODY TYPES |
| SESSION 9 | HEALTHY ON-THE-GO |
| SESSION 10 | VISULIZATION, CAREER & LIFESTYLE |
| SESSION 11 | DESIRES & SELF EXPRESSION |
| SESSION 12 | PROGRAM COMPLETION |