



SIGNATURE SERIES

Participants will take pre & post assessments. They will receive weekly emails with webinar link, handouts, and resources. All series can add kick-off lunches, private health coaching, webinar recording, and other services.



The Weight is OVER

An 8-week weight loss program dedicated to teaching participants about why weight loss is not the whole answer. We will discuss exercise and nutrition. Participants learn how the function of their metabolic and limbic systems can aid or halt an effort to lose body fat.



Being WELL

An 8-week program that helps participants understand the best ways to stay healthy, prevent chronic injury and disease, and feel their very best! This program touches on the pillars of overall wellness including: nutrition, sleep health, stress management, exercise and more.



Stress LESS

A 6-week stress relief and management program. Each participant will learn about the physiology of stress, how to identify specific stressors and some practical relief strategies. We will discuss time management and how our overall wellness can be positively or negatively effected by our stress levels.



Mind SPACE

A 6-week mental health program that helps participants understand the difference between mental health and mental illness. This program goes over depression and anxiety and how to naturally treat them. It also discusses self-care, effective communication, developing empathy and resiliency to stress.



Nurturing NUTRITION

An 8-week program that teaches participants the fundamentals of nutrition and how to incorporate them into daily life. Participants discuss reading food labels, portion control, understanding what constitutes overall nutrition, vitamins and minerals, smart shopping and other topics that can aid in the decision of what to eat and when.



Dare to DETOX

In the United States there are over 1,000 chemicals approved for use in various products! In this 6-week program we will discuss the numerous chemicals that are found in our foods, skin care, cleaning products, and more!



Kick BUTT

A 6-week smoking cessation program created by a former smoker. Participants learn how to quit smoking through a behavioral approach, without using nicotine replacement.



Serious SELF-CARE

This 6-week program will guide participants to discover their true self-identity and build a strong relationship within themselves. Participants will learn how to work through their fears and self-limiting belief systems that keep them from reaching their goals and feeling their best.