

THE
HEALTHY
YOU
PROGRAM



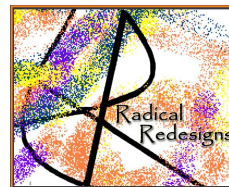
Creating healthy eating habits that are **totally** customized to your lifestyle.

Benefits -

- Achieve long-term weight loss
- Have a clearer mind & more energy
- Prevent diseases
- Be self-aware, conscious of decisions you make around food and lifestyle
- Knowledge of environmental impact on the food we eat
- Get excited about enhancing your life and the lives of the ones you love

What is holistic health?

It is a wellness approach that address the body, mind and spirit or the physical, emotional and spiritual aspects of an individual.



Package options -

Option 1 includes

Healthy Shopper Grocery store tour including kitchen cupboard cleanse

Meal plan—1st week all meals and snacks, 2nd week all meals, 3rd week 2 meals and 4th week 1 meal (per day)

3—45 minute **coaching sessions** (done over the phone for great focus and efficiency)

3 **Reiki or Reflexology sessions** (your choice)

\$499.00



Option 2 includes

Healthy Shopper Grocery store tour including kitchen cupboard cleanse

Meal plan—3 week meal plan, your choice of breakfast, lunch or supper

3—45 minute **coaching sessions** (done over the phone for great focus and efficiency)

2 **Reiki or Reflexology sessions** (your choice)

\$399.00

Option 3 includes

Healthy Shopper Grocery store tour

Meal plan— lunch or supper for 2 weeks

3—45 minute **coaching sessions** (done over the phone for great focus and efficiency)

1 **Reiki or Reflexology session** (your choice)

\$299.00



Embark on this enlightening program of self-discovery and empowerment and let us support you on your journey to great health and wellness.



Stephanie Forgues—Holistic Nutritionist

Stephanie is excited about sharing her knowledge of how to mesh healthy, whole food choices into the lives of others.

She is studying for her Nutritional Consulting Diploma and is a Reiki Master and Reflexologist.

New Leaf Wellness

613-498-2952

stephanie@newleafwellness.ca



Jeanette Johnston -
Success Coach

Jeanette loves to work with individuals who want to dig deep and change the way they feel about themselves, their environment, the food they eat and their connection to it. Jeanette is a Certified Coach.

Radical Redesigns Success Coaching

613-342-3502

jeanette@radicalredesigns.ca

www.radicalredesigns.ca