



## Weekly Content

- Back to the Basics
- Planning for Success
- Kick it up a Notch
- ReSet Your Lifestyle
- Seasons of Life: Life Happens
- Kitchen Prep for Success
- What's the Skinny on Fats?
- Moderation in Everything

## What's Included?

- Personalized Wellness Coaching
- Weekly Meal Planning and Recipes
- Customized Exercise Program

\$40 for Digital Only Program

Start Anytime

\$120 for Virtual Program

Begins Soon!

Contact us for dates

Balanced Wellness



[www.BalancedWellnessKY.com](http://www.BalancedWellnessKY.com)

502-716-7773

Free Consultation