

# Naturally You – Women’s Circle of Health Program

## **Who is the Program For?**

Ladies, frustrated that your body shape is changing? Holding weight in areas you’ve never held it in before? Finding that weight creeps on easily and is a fight for every pound to ditch? Feeling tired, irritable, bloated, hormonal, having sleepless nights, intense food cravings, and are overheated, just to name a few regular occurrences?

Our virtual Women’s Circle of Health program is designed specifically for you!

You’ll discover ways to cut the diet strings while learning to nourish and nurture for this phase of your life. Find food freedom, self-love, energy, and the ability to feel fantastic about yourself.

## **What Comes With a Membership?**

With our ongoing monthly virtual membership, you’ll be inspired to reach your health goals with weekly recipes, recipe exchange, cooking demonstrations, product/food recommendations, and regular lifestyle derived challenges (ie: breathing exercises, hydration goals, movement challenges etc) to help you in your health transformation. Your membership gives you access to two live virtual group sessions per week, where we will share life experiences, answer your questions, and learn more about nutrition fundamentals from a dietetic, naturopathy, and holistic health point of view. You can participate in our live chat or watch later when it suits your schedule.

You'll also have access to important videos that provide valuable health and nutrition knowledge, life experience, and challenges to help you bridge the gap between knowing and doing. Guest appearances from other health professionals will also provide tips to support you in reaching your health goals.

### **What are the Membership Fees?**

The early bird membership fee is payable online prior to the start of the program. After the early bird period expires, the membership fee increases to \$34.99 per month (plus HST).