



ONLINE GROUP ACCOUNTABILITY 10 WEEK WELLNESS CLASS

COMMIT TO ACTION • ACHIEVE YOUR GOALS • DO IT WITH FRIENDS

2020 CAN STILL BE YOUR YEAR FOR TRANSFORMATION!

CREATE A SOLID ROUTINE. REACH YOUR WELLNESS GOALS

10 WEEK GROUP CLASS INCLUDES:

1

HABIT CHANGE TOOLS

- Practice tools to help create and break habits that help you reach your wellness goals.

2

PERSONAL DEVELOPMENT EXERCISES

- Learn concepts and skills that will create confidence to take more action than you ever have before.

3

PLANNING & EXECUTION

- Create a plan of action, set steps for each week.
- Includes (2) private 1-1 calls with Lauren

4

ACCOUNTABILITY & SUPPORT

- Receive the support of your group (5-7 members) and personalized consulting from an experienced health and habits coach.

WHEN: Tuesday 5:00-7:00pm PST

April 14th - June 23rd

WHERE: Online (zoom call)

EMAIL: LAUREN FURTADO

HELLO@LIVEHAPPIERLAUREN

831.345.6675

FREE for first 6 weeks, \$100 for remaining 4 weeks (normally \$350)

*Special payment plans available through COVID-19 pandemic