

Get



Healthy Online

with *Love to Live Well*

Transform
your thinking
your habits
your wellness
and **YOU!**

Get started today!

Visit **www.lovetolivewell.com**

click Get Healthy Online Button
for details & registration

Transform in 3 easy steps:

1. Choose your topic
2. Choose the length that's right for you (4, 8, or 12 week)
3. Decide how deep you want to go (challenge vs full course)

Already motivated? Take a Challenge*

Simple action steps for behavior change

Need to know the “why” before you act? Take a Course*

- Provides more background and detail to shift attitudes & knowledge
- Includes challenge

*Free 1-week trials are available, no credit card required

? Need help deciding ?
info@lovetolivewell.com
877-978-9355

