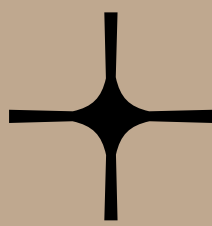


HEALTHY HABITS



This mega challenge will allow you to pick any healthy habit you desire to add to your life.

This 2-month challenge gives you the time to work through obstacles and make small changes that stick.



WHAT IS INCLUDED?

- The weekly Habits Project book - (\$16.99 retail)
- A 90 minute 1:1 Health Coaching session (\$95)
- Customized worksheets (\$80)
- Weekly Emails with motivation, education and support (\$80 value)
- Private Facebook Group

— SOULISTIC WELL-BEING LLC



Janelle Baldwin

HEALTH AND WELL ESS COACH



YOUR COST

TOTAL IS \$271.99
YOUR COST IS \$159!
THAT'S \$112.99 OFF!



CONTACT ME



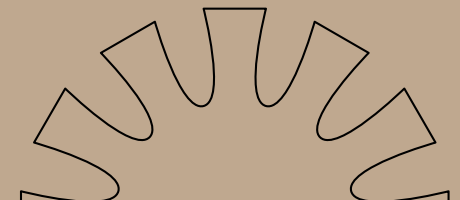
Website

www.SoulisticWell-Being.com

Email

Janelleb.Baldwin@SoulisticWell-Being.com

IG @JANELLEB.BALDWIN
FB SOULISTIC WELL-BEING



THE WEEKLY HABITS PROJECT BOOK

This book will be your guide for 52 weeks! It will keep you on track long after the challenge is done. Its Biblical perspective invites you to reframe, renew, restore and get to the root of your habits and DO versus know as God helps you rejuvenate your life.



This 8-week mega challenge starts May 1st and wraps up June 19th.

You will continue with the book for 50 more weeks to transform your life!



If you'd like to continue health coaching with Janelle after the challenge, a 15% discount will be given on a package of 10 sessions.



NBC-HWC

I'm a Nationally Board Certified Health and Wellness Coach

Your 1:1 session will help you identify and navigate obstacles, beliefs and values that don't support your healthy habit and create an action plan with goals.

☀ YOU CAN CHANGE ONE SMALL STEP AT A TIME ○

