

# VIRTUAL TELECLASSES

## A NEW BEGINNING

These classes will take place each week on Monday night at 7:15 to 8:15.

These classes will begin on Monday January 18th and cover the following Topics

Coaching Demo and setting our goals

The Self Healing Body

Living Food

Dead Food

Cleansing the body

Pure Air

Exercise

Water

Sunshine

Stress

Rest

Emotions

Summary of the whole program and where we go from here

The cost of this program is \$60.00 per class or \$1,200.00 for the whole 6 month program or 24 weeks. Each topic will cover almost 2 weeks. Each class is 1 hour in duration.

To register for this class please email me at [info@EatingForLifeByEllie.com](mailto:info@EatingForLifeByEllie.com)

If there are any questions please send me an email at [info@eatingforlifebyellie.com](mailto:info@eatingforlifebyellie.com)