

## FREE AUDIO CLASS: Eating Strategies for Holiday Meals



I get a lot of questions about our Online Bootcamps and Online Wellness Challenges, so I decided to "pull back the curtain" and share one of my favorite audio classes with you!

This is a class entitled "What's Going on My Plate: Eating Strategies for the Grazer, the Picker, the Portion-Control-er, the ?Give Me All the Stuffing, Who Needs Pie? Gal!"

To access the class, click [THIS LINK.](#)]

If you like what you hear, I encourage you to join our [WINTER BOOTCAMP](#), a five-day intensive challenge that kicks off December 26th! It's just \$17 for five audio classes and resource emails - the PERFECT way to get excited and ready to make 2019 our happiest, healthiest year yet!]