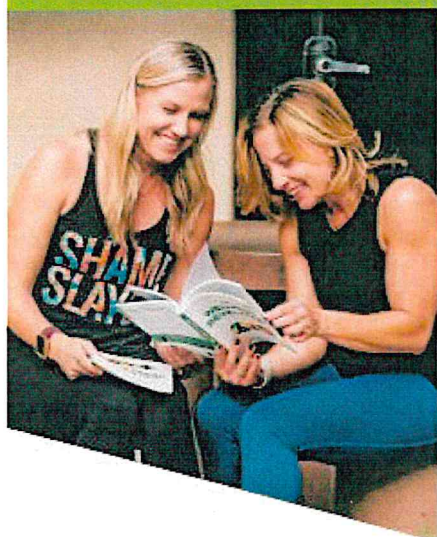


JOIN US ON A
**9-WEEK JOURNEY
 TO PHYSICAL AND
 SPIRITUAL WELLNESS**

LOSE WHAT WEIGHS YOU DOWN.

WHAT YOU GET:



- 9-week study
- Weekly video teachings from author, Alisa Keeton
- Workout calendar with live links to video workouts
- Bible study
- Weekly small group meetings, live or online
- Food journal
- Private accountability group
- Accountability/prayer partner
- Support, encouragement and prayer from a licensed facilitator

