

# 6 ladies! 6 weeks!

WHY DIETS  
DON'T WORK

GOAL  
SETTING

FRIEND POWER

FUELING  
YOUR BODY

VS.

WILL POWER

EXERCISE  
STRATEGIES

STRESS  
MANAGEMENT

MENU  
PLANNING

No matter where you are in your health journey, these personalized tools are what you need to make lasting changes, as well as **support** from other women in the same position, and the **accountability** of weekly meetings to help you meet **your** specific goals!

As a Health Coach my passion is to **teach, support and guide** you reach the healthy life you dream of!

## WHAT YOU GET:

6 weeks of Healthy Tools, Support, and Guidance, including weekly PDF's and worksheets

## LOCATION:

My La Grange Home

(address will be shared upon registration)

## HOW DO I REGISTER:

Email or Call me at  
heatherhart71@gmail.com  
or 708-983-3384

## COST:

\$260

*If group coaching isn't your thing, contact me for more personalized sessions.*



heather **HART**  
HEALTH COACHING

WWW.HEATHERHARTCOACHING.COM

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HEATHERHART71@GMAIL.COM

or 708-983-3384

"THE POWER OF COMMUNITY TO CREATE HEALTH IS FAR  
GREATER THAN ANY PHYSICIAN, CLINIC OR HOSPITAL"

FROM MARK HYMAN, M.D.