## Hey, friend!

Thanks so much for signing up for the Program!

I’m so excited to be on this journey with you.

# It is time to embrace a new you.

Change is always possible. Rebirth is beautiful. Cleansing is how it all begins. Body. Mind and Spirit.

## To get started:

Take a deep breath. No matter how busy you are, you can do this. I have made this program simple for you.

**Please consult your doctor before starting your program. I am not here to diagnose, cure or treat you. I am a health coach and my job is to educate and empower you.**

 **If you feel you need more support during your program, please contact me for one on one coaching at** **Peggy@healthcoachmt.com**

**Lots of love,**

Coach Peggy