Life long healthy habits don't happen over night. Join me in a six month Transformation Program for full support and guidance where we'll work together to identiy your goals and work on implementing healthy modifications to your diet and lifestyle so they bcecome part of every day living.

Below is an outline of what to expect:

Transform into a better version of yourself. We'll take a snap shot of your level satisfaction in every area of your life identifying any imbalances, and highlight those things that might need some work. We'll explore non food forms of nourishment, which may include spirituality, career, physical activity, relationships, and other lifestyle factors in addition to dietary habits. Working together over a period of time such as six months ensures life-long healthy habits are sustained and you can begin creating the life you want !

WHAT YOU GET

Your six month 'Transformation Program" includes:

- 2 x 50 min Fortnightly Sessions (6 sessions of 3 months)
- Goal orientated recommendations at the end of each session
- Hand out resources after each session
- DVDs, CDs, books and resources relevant to you and your goals
- Samples of new and nutritious foods and superfoods
- Monthly E-Newsletters
- Your choice of cooking, smoothie or juicing class
- Invitations to Local Events and Online Seminars
- 20% savings on future programs
- Free Giveaways
- Email support between sessions

Note: this is an outline only and can be tailored to suit your circumstances or concerns.

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