

---

**3 Month Client Care \$329.00 + HST**

**6 Month Client Care \$549.00 + HST**

**12 Month Client Care \$899.00 + HST**

- **Weight Loss Support Group Workshops** (*Every Saturday Morning 9:30 to 10:30 AM*)
  - Each Workshop will Educate & Inspire You Towards Permanent Weight Loss
  - Nutritional , Educational & Interactive Segments, Food and Ingredient Demos
- **The MODA Menu Meal Guide**© *The Ultimate Way To Eat Meal Guide*
- **MODA Meals at a Glance Guide**© *An Eighteen Day Meal Planning Guide*
- **Weight Loss Never Tasted So Good COOKBOOK**© *Autographed Copy*
- **Telephone Support Session & Continued personal email support**
- **MODA VIP eNewsletters, eRecipes & Educational Links**
- **Getting Started Guide**© *A Detailed Guide on Getting Started and Staying on Track*
- **MODA Nutrition Daily Food Logs**©

---

**The MODA Message: It's not about eating *Less*; It's about eating *Differently*.**

**6 & 12 Month Renewals Discounted • Payment Plans Available Contact Me For Details**