

Better Than Before Weight Loss Support Group

3 Month Client Care \$379.00 + HST

6 Month Client Care \$599.00 + HST

12 Month Client Care \$979.00 + HST

- **Weight Loss Support Group Workshops** *(Every Saturday Morning 9:30 to 10:30 AM)*
 - Each Workshop will Educate & Inspire You Towards Sustained Weight Loss Mindset
 - Nutritional , Educational & Interactive Segments, Food and Ingredient Demos
 - The Nine MODA Pillars Segments & Materials – *Our Principals of Healthy Sustained Weight Loss*
- **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 S.E.**® *Autographed Copy*
- **Telephone Support Session & Continued personal email support**
- **MODA VIP eNewsletters, eRecipes & Educational Links**
- **MODA Nation Handbook**® *A Detailed Weight Loss Guide on Getting Started and Staying on Track*
- **MODA Nutrition Daily Food Logs**® and **MODA Me Mantra** Fridge Magnet & Card

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

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