



# FUEL *well* FEEL *well*

## Unlock Your Best Self with Individual Health Coaching Classes!

- CUSTOMIZED MEAL PLANS AND RECIPES.
- WEEKLY CHECK-INS TO TRACK PROGRESS.
- MOTIVATION AND ACCOUNTABILITY EVERY STEP OF THE WAY

A 45 minute class led by IIN certified health coaches, Maria Fusco and/or Danielle Karle. During this 45 minute Interactive learning experience students will receive:

- Tailored Nutrition Plans: Designed to fit your lifestyle.
- Expert Lifestyle Coaching: Build sustainable habits.
- 1-on-1 Support: Get the guidance you need to succeed.

**Pricing: \$95 (\$110 In-home) Contact Maria 516-526-4720**  
**[Maria@elevateyogany.com](mailto:Maria@elevateyogany.com)**

Our coaching focuses on holistic health approaches that nurture your mind and body. Together, we'll create a supportive environment that fosters growth and sustainable change for a healthier you.