



EAT™ your way to health!

Scholarships available for Fall 2020 program

WHAT IS EAT™?

EAT™ is a health coaching program created specifically for women 40+ facing burnout in their mission-driven work.

WHAT EAT™ OFFERS

- SIMPLE tools to start reversing burnout—NOW—without adding tasks to your endless to-do list!
- 1:1 and group support on your health journey
- The chance to be the healthiest, happiest you

YOU'RE INVITED

Schedule a free consultation at
<https://is.gd/EATYOURstory>
Registration ends October 9, 2020

Scholarships available!

Thanks to a generous grant from the Michigan Small Business Restart program, partial scholarships are available to those who demonstrate need and agree to participate in an evaluation. Schedule a consult NOW to take advantage of this offer! <https://is.gd/EATYOURstory> (case sensitive)

EAT™ BASIC

\$1200

- 3 x 1:1 sessions + 12 group calls
- 12 SIMPLE weekly modules
- Downloadable video, audio, and PDF resources
- Support in group chats
- Accountability buddy

EAT™ VIP

\$2400

- All of EAT Basic plus
- 4 additional 1:1 sessions
 - 1:1 virtual support from a coach between sessions
 - Online tracking / journaling
 - Special bonus gifts!

EAT™ is a program of Simply: Health Coaching

QUESTIONS?

Contact Liza Baker, INHC

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