

A 6-WEEK ONLINE COACHING PROGRAM

Restoring



WELLNESS™

www.WellnessByMotherNature.com

INCLUDING 9 OF COACH STEPHANIE'S MOST POPULAR
EATING FOR HEALING SERIES CLASSES SUCH AS: GLUTEN-FREE
LIVING; PLANT-BASED NUTRITION; DAILY DETOX AND ELIMINATION;
LOW GLYCEMIC EATING AND MORE!

BONUS CLASSES LIKE GREEN CLEANING 101; PANTRY REHAB;
UNDERSTANDING HEALING; HOMEOPATHY 101 AND MORE!

LIFETIME ACCESS TO PEER SUPPORT GROUPS THAT CONNECT YOU
WITH OTHER PARTICIPANTS FROM AROUND THE WORLD!

EASY TO USE - EVEN FOR BEGINNERS!

PLUS – ONE-ON-ONE SUPPORT WITH CERTIFIED HOLISTIC HEALTH
PRACTITIONER & NUTRITION COACH,
STEPHANIE AUSTIN, HHP VIA *WEEKLY CALLS AND EMAILS*

"I was clearly ignorant of not only the health benefits but the dramatic change it would have on my entire attitude toward food, nutrition and how I have now decided to take care of the only body I have...at age 57." from coaching client, Richard B.



More information about Coach
Stephanie, Program Details, Start
Dates, Client Testimonials and more
is available online at
www.WellnessByMotherNature.com

A Program for Everyone
This 6-week, fully online, fully
coached program restores your
wellness from wherever you are
currently - from the
beginner to the savvy
health nut.

Whether you are:

- suffering from acute or chronic health conditions
- in need of balancing your weight or blood sugar
- just completing treatment and in need of restoration
- ready to eat more plant-sourced foods
- interested in living more naturally or gluten-free
- or simply interested in a restart that will change your life for the better AND for the long term,
this program will benefit you!

wellness
Mother Nature