

CONNECT Wellness

New Year, New You!

The CONNECT Wellness Program is all-inclusive, designed to get you RESULTS. Body/Mind/Spirit are integrated with fitness, food and fun in one complete program



This all inclusive virtual wellness program includes:

- 3 months of virtual fitness classes, 6 days a week
- 3 Plant-Based cooking classes
- Weekly support calls
- Pre & post lab work reviewed by a physician
- Behavior change coaching & group meetings

You will experience amazing measurable results!

January 24-April 20, 2022

Program: \$599

ltccConnect.com
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LAKE TAHOE COMMUNITY COLLEGE
CONNECT
COMMUNITY EDUCATION