

CONNECT Wellness

SPRING INTO HEALTH!

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!

April 25-July 13 2022

PROGRAM: \$599

ltccConnect.com
(530)541-4660 ext. 717

LAKE TAHOE COMMUNITY COLLEGE
CONNECT
COMMUNITY EDUCATION