

Small Group Coaching

Get Healthy Together

Reap the health rewards of sharing the journey to better balanced health with the power of a small group of friends or colleagues. You'll love how you feel.

Making changes and retraining old habits are challenging. There are no real quick-fixes and the demands of juggling everyday life can erode your resilience.

At iBeamforLife, we know small changes in your food and fitness yield big benefits in how you look and feel. Taking the first steps toward lasting change begins with getting the right support.

With the iBeamforLife Small Group Coaching Program, you'll look at your health and eating in a fresh new light and meet your individual hurdles together. You'll share the good, the not so good, and inspire each other to push forward. Our certified Nutrition Coaches blend compassion and creative problem-solving with iBeamforLife's proprietary curriculum and tools in order to help the group focus on making meaningful change. You will gain new understanding, discover better food and fitness choices, and enjoy practical approaches that you can use every day. And yes, have fun.



Share the journey to achieve better health.

- Connecting around similar needs and lifestyle habits is a powerful motivator
- Facilitated nutrition education and mind-body awareness strategies keep you on track
- A unique and dynamic online community offers you a place for lively discussion, to share ideas, offer encouragement, and track and show progress

• Support • Inspiration • Success



The Power of 3

\$50 per person

Nutrition Group: 3-10 friends or colleagues

Meeting Time*: 1 hour per week for 3 weeks

Coaching Sessions include:

- A certified Food Coach who is matched with your group's needs and health picture
- A review of individual health history and lifestyle habits
- A three-day Food Diary to complete and review
- Proprietary food education instruction and materials focused on deepening understanding about nutritional richness
- Focused and realistic goal-setting to achieve success
- Specific recommendations including meal planning and recipes to help incorporate new food and fitness routines
- A private online community, iBeam Central, available 24/7, providing access to coaches, cooking instruction, recipes and inspiration

* varies slightly depending on group size

Nourish life. Eat well.™

For more information or to start a group today, contact:

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