

## Intro to Quality Ageing Package

12 weeks

- 1 x 1 hour Quality Ageing Theory Class
- 2 x 1 hour Personal Training Sessions per week 24 in total
- 1 x 1 hour Bodywork session per week 12 in total
- 1 x 1 hour Coaching session per month 3 in total
- 1 x 1 hour Nutritional Assessment 1 in total
- 1 x Personalised Nutritious Meal Plan w/suggested supplements
- 1 x 1 hour Nutritional Education class 1 in total
- 1 x 1 hour Food Prep Class 1 in total
- 1 x 1 hour Introduction to Skin Care, Facials, Body Wraps, Spa and MedSpa treatments
- 1 x 1 hour Introduction to All Natural Beauty. Pure products & practices to look your best!

A Personal Shopper is available at an extra charge to shop for a new wardrobe that best expresses the real you. A shopper can also help you with kitchen equipment and healthy products. Healthy Meal delivery is also available at an extra charge.

All classes should ideally be completed 12 weeks from start date for best results. Otherwise , all services must be completed 5 months from start date. All listed packages services must be used within 7 months from date of package purchase, unless written permission is given to extend package completion deadline.