



The Wellness Waterfall Schedule

NUTRITION & HEALTHY EATING

Tuesday Jan 20th @ 7pm

PHYSICAL FITNESS & MOVEMENT

Tuesday Feb 17th @ 1pm

SLEEP & RECOVERY

Tuesday March 24th @ 7pm

WORK-LIFE BALANCE

Tuesday April 21st @ 1pm

- Each session lasts approximately 60 minutes and focuses on a different wellness theme.
- Sessions include a short presentation, guided discussions, & dedicated time for goal setting
- You'll receive a goal action plan template to track your progress between meetings.
- Can't attend live? Don't worry! All sessions will be recorded and shared with members within 24 hours.
- Come prepared with questions and be ready to participate—your input makes our community stronger

Want 1-1 Focus, Consistency, & Accountability?

- Walk through your habits and routine in detail
- Find your "Why" and how to use it as motivation to reach your goals
- Accountability Check-ins Between Sessions
- Solidify New Habits to Achieve Desired Results
- Two 1-1 Coaching Sessions for \$199.99 - Special Deal for Wellness Waterfall Members!

www.waterfallcoach.com