

DRAFT – company specifics to be entered....

Good afternoon everyone,

Wow are we excited!

_____ of you have signed up to participate in the Extreme Lifestyle Makeover- EWSN Edition.

We hope you're pumped up because we're ready to help you make some serious improvements to your health!

Please remember that the first session of the (ELM) starts next _____, _____ in room _____ from 12-1 p.m. Please take a moment right now to insert "ELM" into your calendars every _____ from 12-1 p.m. for the next 8 weeks. Please bring your enthusiasm, positive energy, willingness to learn, your lunch and a writing utensil with you to every session :-)

For those interested in the challenge, baseline measurements will be taken during the first week of the program. Your consultant will have a measurement appointment sheet with her at the first session. To help things run smoothly we ask that you please book an appointment before you leave the first session.

Thanks and have an awesome day,