

## **Plant-Based Wellness Education (1 Hour) Session Overview**

This 60-minute educational session is crafted to help you establish a robust foundation in plant-focused wellness. You will gain practical knowledge, receive personalized guidance, and learn simple strategies to enhance your daily health through nourishing food choices and sustainable habits.

### **What's Included:**

- **Plant-Focused Nutrition Basics** - Discover how to create balanced, nourishing meals with whole, plant-based foods that boost energy, aid digestion, and improve overall well-being.
- **Label Reading & Food Awareness**- Learn to understand ingredient lists, identify hidden sugars, and recognize common additives, empowering you to make informed food choices confidently.
- **Meal Planning & Lifestyle Support**- Get guidance on planning realistic meals, establishing healthy routines, and developing habits that fit seamlessly into your lifestyle.
- **Mindful Eating Practices**- Explore techniques to enhance your relationship with food by practicing mindful eating and becoming aware of hunger, fullness, and emotional triggers.
- **Personalized Wellness Guidance**- The session is tailored to your individual goals, preferences, and current habits, meeting you where you are and helping you progress.

### **Who This Is For:**

This session is ideal for anyone seeking practical, supportive education on plant focused living, wellness improvement, and the development of long-term healthy habits.

### **Outcome:**

You'll finish the session with greater clarity, confidence, and actionable tools to support your wellness journey.

Price Range: \$37–\$140 | \$85–\$255

Please note: This session offers educational guidance only and is not medical nutrition therapy.

\*Ask about current New Year Specials and custom packages.