



We are Live & Lead, LLC. Our mission is to address the root causes of chronic diseases and poor health through personalized behavior change, enabling people to become the best version of themselves. We provide personal transformation courses and coaching that empower and equip people to transform their personal health and live their best life. Course highlight below:

STRENGTHEN YOUR IMMUNITY

A complete guide to improve and strengthen the way your body fights off illness and prevents disease



- This course will help you understand what immunity is and how you can naturally boost it through your lifestyle.
- You will learn how to prepare, change, and sustain healthful behaviors and make the healthy choice the easy choice.
- Course modules include: Sleep soundly, eat well, consume immune-boosting foods, hydrate, get moving, stress less, strengthen your social health, prevent or reverse chronic diseases, stop smoking, avoid alcohol, avoid toxins, supplement where needed and practice good personal hygiene.
- You will learn how to lead by example and know the way, go the way, and show the way.
- Course registration fee is \$49 (30-day money back guarantee)

REGISTER & GET STARTED TODAY AT: [HTTPS://LIVEANDLEAD.TEACHABLE.COM/](https://liveandlead.teachable.com/)

WE WILL HELP YOU
UNDERSTAND HEALTH CHALLENGES,
LIVE BETTER &
LEAD BY EXAMPLE!



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livelead.org/podcast/

Get Started Today!

- Partner with us: www.livelead.org
- Register for our online School: <https://liveandlead.teachable.com/>
- Email us: liveandleadtoday@gmail.com
- Call us: [302-584-7531](tel:302-584-7531)