



COURSE OFFERINGS: Through personalized online health courses, we help people address the root causes of health challenges and equip them to transform their personal health.

	UNDERSTANDING WEIGHT MANAGEMENT	MAXIMIZE YOUR LIFESTYLE TO REACH AND MAINTAIN A HEALTHY BODY COMPOSITION	UNDERSTANDING MENTAL HEALTH AND COGNITIVE FUNCTION	TRANSFORM YOUR MENTAL HEALTH AND COGNITIVE FUNCTION	UNDERSTANDING IMMUNITY	STRENGTHEN YOUR IMMUNITY	UNDERSTANDING HIGH BLOOD PRESSURE	TACKLING HIGH BLOOD PRESSURE	UNDERSTANDING CHOLESTEROL	OPTIMIZE YOUR CHOLESTEROL
COURSE TYPE	MINI	STANDARD	MINI	STANDARD	MINI	STANDARD	MINI	STANDARD	MINI	STANDARD
COURSE COST	\$0	\$49	\$0	\$49	\$0	\$49	\$0	\$49	\$0	\$49
GET STARTED	X	X	X	X	X	X	X	X	X	X
CRAFT YOUR TRANSFORMATION	X	X	X	X	X	X	X	X	X	X
UNDERSTAND HEALTH CHALLENGES	X	X	X	X	X	X	X	X	X	X
LIVE BETTER OVERVIEW	X	X	X	X	X	X	X	X	X	X
LIVE BETTER LESSONS		*10 LESSONS		*18 LESSONS		*15 LESSONS		*14 LESSONS		*10 LESSONS
LEAD BY EXAMPLE OVERVIEW	X	X	X	X	X	X	X	X	X	X
LEAD BY EXAMPLE LESSONS		*3 LESSONS		*3 LESSONS		*3 LESSONS		*3 LESSONS		*3 LESSONS
REFLECT OVERVIEW	X	X	X	X	X	X	X	X	X	X
REFLECT LESSONS		*2 LESSONS		*2 LESSONS		*2 LESSONS		*2 LESSONS		*2 LESSONS

Collaborate: www.livelead.org **Register:** <https://liveandlead.teachable.com/> **Email:** liveandleadtoday@gmail.com **Call:** [302-584-7531](tel:302-584-7531)



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