FREE! Advanced Lifestyle Coach Trainings

Upcoming Events

Email jennifer.brais@mass.gov to get your free registration code for any of the 3 trainings listed below. We also have a limited number of free POBcast codes that will give you one year of access to monthly live workshops.

September 12

Innovative Approaches to Boosting Engagement

October 10

High-Touch Coaching™ for High-Level Results World

November 14

Holiday Feasting For A Fit Life

POBcast

The live-workshop style lifestyle change podcast is a great way to get the help you need and be successful in your program goals. You can learn from experts on how they did it, what works best for them along with some tips that might work just as well but easier or better than theirs!
Learn more: https://bwhi-change-agency.mykajabi.com/pobcast