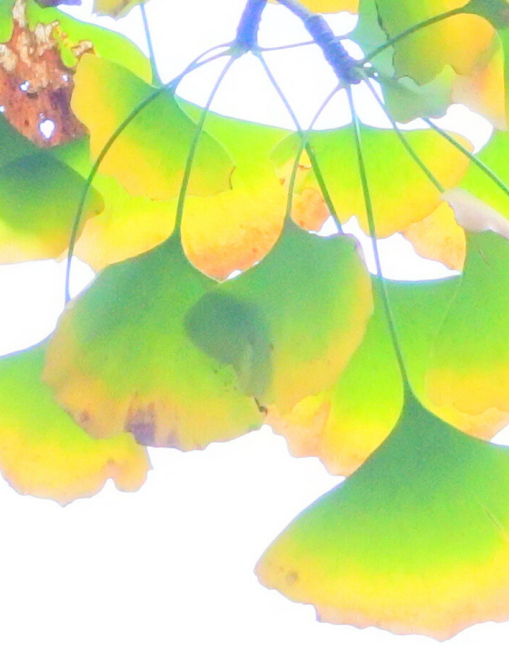


July 2020

Kenko Wellness Program

Monthly Newsletter



CURATED NUTRITION PLAN

Kenko Wellness is a nutritional wellness coach for Optavia (\$13-15/day) and can curate a plan to match your budgetary needs.

PERSONALIZED FITNESS TRAINING

Kenko Wellness has partnered with Jessie Clark Fitness to provide secure and private coaching and online workouts at a reasonable subscription rate of \$30/mo. Individualized coaching available.

EMOTIONAL RESTORATION

Trauma and attachment specialist, Dr. Eboni Webb owner of The Village of Kairos, will provide individualized coaching and online group work to increase mindfulness and to assist breaking emotional eating patterns to restore and reclaim your body.

\$60/session*

*Included with Optavia plan

Sign up today: 615-274-8414

ONLINE SUPPORT WITH REAL PEOPLE TO BUILD TRUE COMMUNITY

Surviving is innate. Living takes support, skills and a tribe.

You will receive lifetime access to a FB group and forum that will offer daily video content and monthly FB live sessions with guest presenters. One-time membership fee of \$20

Register now: ewebb@webbjamconsulting.com





Melody Aguayo
Optavia Coach and Client

“

Sometimes it is necessary to re-teach a thing its loveliness-
G. Kinnell



jessicacaseyclark

...

BEFORE- July 2008 – 210 lb AFTER- December 2009 – 150 lb



Jessie Clark
Jessie Clark Fitness
Personal trainer, Ironman triathlete

READY TO FIND YOUR WAY BACK TO YOUR TRUE SELF?

Register today at: ewebb@webbjamconsulting.com

When you are ready to take the next steps towards renewed health and wholeness, here is the process:

- Contact WebbJAM Consulting to set up a preliminary interview and assessment to curate the best plan for your healing. Contact Eboni Webb, PsyD at: 615-274-8414
- If choosing the Optavia plan, meet with a coaching team that includes Melody Aguayo and Eboni Webb to determine the best plan for your budget.
- Schedule a fitness consultation with Jessie Clark to plan for wellness in your body
- Join the emotional restoration group to deepen your healing and focus.
- Receive access to the Facebook community page



Eboni Webb, PsyD
Head Kenko Wellness
Consultant, Optavia Client,
and Coach
Call Now: 615-274-8414