


# GO RED 365 WELLNESS SERIES

 Your heart deserves it!

- FEBRUARY 5 -

Love to Love Me, Baby!

- FEBRUARY 12 -

GLP-1; The Price of Skinny

- FEBRUARY 19 -

Know Your Numbers

- FEBRUARY 26 -

Grow With Heart  Health



**TERRI "WELLNESS COACH" JACKSON**  
LICENSED WELLNESS COACH

If you would have told me...at age 56 & a licensed Wellness Coach of 33 years...I would have blood pressure of 155/10 and be put on blood pressure meds, I wouldn't have believed you. By researching and reading clinical studies about the heart health peak performance pack, I was able to get off my blood pressure medication in less than 40 days and lose 16 pounds. Today, I've released a total of 45 pounds and my blood pressure is 112/72. This year, Coach T is seeking more leaders who want to empower others to not only take charge of their heart health but want to be the change they want to see in their communities. Collectively, we GO RED 365 to save lives...

*Will you?*

Join us THURSDAYS @ 9PM ET

TEXT HEART to 8443949545  
FOR PARTICIPATION INFO/UPDATES



Going Through...

- DIVORCE?
- DOMESTIC VIOLENCE?
- DIS-EASE?
- DEPRESSION?

CONNECT WITH  
SISTERS 4 SELF CARE

**GO RED 2026**  
Sisters  
4 Self-Care™

TERRI "WELLNESS COACH" JACKSON, FOUNDER



## GO RED 365 DAYS OF THE YEAR!

Every 34 seconds a person dies from heart disease. It is our mission to empower people in honoring their self-worth and valuing their self-care. As a movement, we are committed to bringing value to the masses of people and saving a life every 34 seconds of every day. Join the movement. Go Red 365.

**SISTERS4SELF CARE.COM/GORED365**