



Elevate 2 Wellness

"Well & Fit" Elevation Program

Join me for an unforgettable 6-week journey to prioritize your health and wellness. Together, we'll elevate your mindset and empower you to make intentional commitments towards a healthier and happier you!



Yolanda M Tate
Owner
Elevate 2 Wellness

Why Choose E2W

Our holistic approach focuses on growth mindset frameworks to help you develop daily healthy habits, behaviors, skills and strategies you need to achieve the results you desire. Say goodbye to feeling stuck and hello to focused intentionality, purpose and fulfillment. Our customized program provides you with the resources, guidance, and support you need to make meaningful and lasting change. Join us on a journey of self-discovery and transformation. Invest in yourself and create the change your desire in your life!

Your Journey Includes:

- Mindset and Emotional Intelligence Training
- Goal Setting
- Mindfulness and Meditation
- Nutritional Guidance
- Physical Activity Planning
- Two PT sessions per week
- Stress Management Techniques
- Sleep and Fatigue Management
- Weekly Follow-up and Accountability

**START YOUR WELLNESS
TRANSFORMATION
TODAY!**



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www.elevate2wellness.com