



# Energy to Live Your Best Starts from Within

## Healthy Living through Clinical Nutrition

**Are you looking for support to increase energy,  
improve chronic conditions and symptoms, or  
build skills and confidence in the kitchen?**

Improve your health and wellbeing and build healthy eating habits with educational nutrition programs by Launch My Health! Led by an experienced, credentialed team of healthcare, culinary, and nutrition experts, Launch My Health's classes are based on the belief that food is at the core of health and wellbeing. Each program is directly accessible in your Wellbeats account.

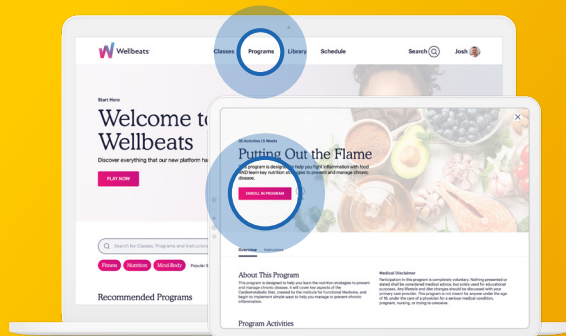


### Launch My Health Programs:

- Home Chef Pro (8 weeks)
- Optimizing Brain Health (5 weeks)
- Restore Gut Health (4weeks)
- Optimizing Women's Hormones (5 weeks)
- Putting Out the Flame (4 weeks)
- Kids in the Kitchen (2 weeks)

**For Launch My Health program tools and  
resources, please visit**

<https://www.wellbeats.com/lmh/>



## How to Join a Program

Go to **Programs** in the main menu, find a program you'd like to join, and select **Enroll in Program**.

Actual design and navigation may vary depending on your device.



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Launch My Health is included in your complimentary Wellbeats health and wellness offering. The information provided in Launch My Health programs is for educational purposes only and not intended as medical advice or to replace medical care. Always consult with your physician and medical care team to determine the right care for you.