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## ***Live the Lifestyle Western Caribbean Cruise***

*Dr. Shari Lieberman's low glycemic nutrition cruise presented by trainer & health coach, Elizabeth Nelson, MA, Ed*

*includes six total coaching sessions  
three seminars & three personal coaching*



Health and physical education seminars



Transitions Lifestyle coaching  
Transitions low glycemic nutrition coaching



National Academy of Sports Medicine  
Individual personal training session



Circle of Life Health Coaching  
Individual health & life coaching session

***New Year's health and physical education package sold separately. \$749***

