



HEAL YOUR HUNGER *journey*

AN INCREDIBLE JOURNEY TO YOUR HEART

- Become a Self-Care Ninja
- Freedom from Emotional Eating
- Community with Sisters Who "Get" You
- Weight Loss (without that being the focus)
- Inspiration, Motivation & Accountability
 - Life-Changing Transformation
 - Unshakeable Self-Confidence
 - Deeper Spiritual Connection

*Membership is
by invitation only.
Please speak with
a HYH Mentor
about eligibility.*

YOUR YEAR-LONG JOURNEY INCLUDES:

18 ONLINE MODULES

With every new module, you will implement an added layer of tools that will enable you to create your life of freedom.

1X1 COACHING

Don't go it alone! You will receive close guidance and support from your Coach.

GROUP COACHING CALLS

Several times a week you will enjoy connection and community with others on the same healing path.

WRITING ROOM

Twice a week you can complete assignments in community on Zoom.

2-DAY RETREAT (ONLINE)

Experience the power of community with your sisters as you experience 2 full days of transformation.

CALL RECORDINGS

You will have access to Zoom call recordings in case you miss any LIVE calls.

WEEKEND OFFICE HOURS

Every weekend, you have the chance to receive additional 1x1 coaching from a HYH Coach. (Yes, we've got you!)

HYH COMMUNITY FACEBOOK GROUP