

## Wellness Health Coaching Packages and Programs for Spring and Summer 2015

Color	Number of Days or Time Length	Time	Includes	Fee
Green Package	3 Days	Each Day: 9am to 3pm (One-hour lunch break)	Fitness, Emotional, and Nutrition Wellness Health Coaching Programs and learning how to cook <u>two</u> healthy plant-based meals	\$1000.00 (total for all three days)
Yellow Package	2 Days	Each Day: 9am to 3pm (One-hour lunch break)	Both Fitness and Nutrition Wellness Health Coaching Programs and cooking <u>one</u> healthy plant-based meal	\$500.00 (total for all two days)
Blue Package	1 Day	Day: 9am to 3pm (One-hour lunch break)	Both Fitness and Nutrition Wellness Health Coaching Programs (plant-base cooking meals are not included)	\$300.00 (total for one day)
Red Package	60 Minutes	Open to availability scheduling of client	Choice of <u>One</u> Wellness Health Coaching Program: Fitness or Nutrition	\$100.00
Purple Package	30 Minutes	Open to availability scheduling of client	Choice of <u>One</u> Wellness Health Coaching Program: Fitness or Nutrition	\$50.00

Each Wellness Health Coaching Package and Program will incorporate healthy body, mind, soul, and spirit sessions from a Biblical perspective (1 Corinthians 6:19-20). Registered participants will receive a Wellness Health Coaching Packages and Programs binder containing health and wellness information. All registered participant receives one week (7 days) of free Wellness Health Coaching to assist their wellness journey. To provide quality, professional, ethical, and compassionate Wellness Health Coaching for each person, we respectively request a limit of 12 registered participants at each scheduled event. Wellness Health Coaching Packages and Programs require a deposit amount half of the full fee of selection paid before the scheduled Wellness Health Coaching Package and Program begins at the event location and remaining balance paid no later than one week after the scheduled event.

Butterfly Journey Ministries is Not a non-profit community ministry that began in 1998 of humanistic goals of reaching out and teaching people the importance of having a balance and healthy body, mind, soul, and spirit. We aspire to assist individuals and communities in promoting health wellness education to the ones who desire to live a quality lifestyle through vigorous fitness, emotional, and physical positive choices.

If you have additional comments or inquiries, feel free to contact Virginia G. Pierce-Kelly.

Butterfly Journey Ministries  
Wellness of Body, Mind, Soul, and Spirit!

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