



BRAND NEW PROGRAMS FOR TAKING YOUR HEALTH TO THE NEXT LEVEL!

# WELCOME TO SAJUNE'S \*NEW\* VIRTUAL GROUP WORKSHOP SERIES!

Group workshops are a great and affordable way to connect virtually with our wellness team and learn in a group setting along with others having similar goals! Group workshops are a low-stress way to work toward your health goals. Workshops are 4 weeks long and take place via zoom, workbook, and email with our certified Regenerative Health Coach!

## Each workshop will include:

- Once weekly LIVE zoom class - 4 classes total (will also be recorded for you to watch later)
- Interactive worksheets and/or workbook to help you learn content and follow along
- Log sheets to help you form and stick to new habits that you can share with your coach, if you choose
- Email communication with your coach
- A clean-eating recipe book following the theme of the workshop

Only  
**\$99** for 4 weeks  
of intensive health coaching  
right from the comfort of  
your home!  
*(A savings of nearly \$100 over  
traditional one-on-one coaching)*

Stress Resilience Workshop \$99 • Weight Management Workshop \$99

## SPECIAL INTRODUCTORY OFFER:

Buy both workshops together and get \$25 off!

**\$173**

**BRIDGETTE RUGE BARLOW, M.A., CPT, RHC**  
SaJune Regenerative Health Coach

Hi friends! If we haven't had the pleasure of meeting yet, I wanted to introduce myself and let you know a little bit about me! I've been a practicing health coach for the last 10 years and hold degrees and certifications in holistic nutrition, exercise science, personal training, group exercise and behavior change. I've worked at SaJune for over 6 years now and have mastered the art of optimal wellness through Dr. Pati's 5 point model system— balancing hormones, optimizing nutrition, mind/heart balance, body balance and detoxification. My passion is nutrition (and I LOVE to cook and create recipes!) and exercising smarter, not harder! I LOVE working with ALL people to achieve the health goals they desire. I'm a native Floridian, living in Winter Park with my husband Nick, our kitty, Leo, and a baby on the way! When I'm not working with my patients and clients, I'm cooking, taking kickboxing classes, antique shopping, lounging in my pool, riding my bike, or planning our next adventure! I love my work and connecting with so many people from so many walks of life. I think my patients would also consider me a friend— but a friend who holds them to their goals and pushes them to achieve and succeed! I'm here for you to cheer you on every step of the way in your health journey!

