

## Learn and Lose Lesson Emails

### Week 1

**SUBJECT:** Welcome to Week One of Learn and Lose!

**EMAIL:** Hi (Name),

Welcome to the first lesson in the Learn and Lose Class Series.

This week, we will be introducing you to the Club Reduce Learn and Lose program.

In this lesson we will teach you about a stress and weight management technique known as "Self Mastery Technology".

We will also go over the ideal eating plan, as well as the importance of keeping a food diary.

You can watch this lesson whenever you'd like at any point in this week, but next week only lesson 2 will be available, so be sure to not miss out!

Feel free to call us with any questions or concerns you may have!

We are here to help!

Enjoy the lesson!

(Clinic Name)

(Office Address)

(Office City and Zip)

(Office Phone Number)