

## Learn and Lose Lesson Emails

### Week 18

**SUBJECT:** Learn and Lose Week Eighteen

**EMAIL:** Hi (Name),

Congrats, you've made it to week 18! We're in the home stretch!

This week we'll teach you how to burn fat while you sleep! Did you know that sleep is vital to weight loss? We'll tell you why and more importantly, how to get more sleep so you can lose more weight!

We will also teach you how Flax Seed Oil can help you keep your heart healthy and ticking!

You can watch this lesson at any point this week, but next week only lesson 19 will be available, so don't 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)