

## Learn and Lose Lesson Emails

### Week 19

**SUBJECT:** Learn and Lose Week Nineteen

**EMAIL:** Hi (Name),

Week 19, here we go!

This week we'll learn how to live a limit-free life and how to turn excuses into positive self-talk!

We will also teach you how Evening Primrose Oil can improve your health and aid in your weight loss!

You can watch this lesson at any point this week, but next week only lesson 20 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)