

## Learn and Lose Lesson Emails

### Week 20

**SUBJECT:** Learn and Lose Week Twenty

**EMAIL:** Hi (Name),

Whew! You made it. This is week 20, the final week in our Learn and Lose Class series. Congratulations! With these lessons, you've learned everything you need to know to lose weight and keep it off!

In this final lesson, we'll teach you why milk is NOT a component of weight loss, and how you can find the same nutrients in other foods.

We will also teach you how Solutions4 Vitamin D and Liquid Calcium can help you lose weight and more effectively balance your body. These supplements can also help you maintain your weight once you have reached your goal.

You can watch this lesson at any point this week, but next week it will be gone, so don't miss out!

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

We are here to help!

Thanks for hanging in there the past 20 weeks. We've enjoyed teaching you everything you need to know. Now go LIVE IT!

(Clinic Name)

(Office Address)

(Office City and Zip)

(Office Phone Number)