

## Learn and Lose Lesson Emails

### Week 3

**SUBJECT:** Learn and Lose Week Three

**EMAIL:** Hi (Name),

Welcome to the third lesson in the Learn and Lose Class Series!

This week, we'll go over why you eat for emotional reasons and 9 easy steps to help you overcome emotional eating.

We'll also give you an excellent overview of an Herbal Stress Relief supplement we have available in our office.

You can watch this lesson at any point this week, but next week only lesson 4 will be available, so don't miss out!

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

We're here to help!

Enjoy the lesson!

(Clinic Name)

(Office Address)

(Office City and Zip)

(Office Phone Number)