

## Learn and Lose Lesson Emails

### Week 6

**SUBJECT:** Learn and Lose Week 6

**EMAIL:** Hi (Name),

This week, we'll cover the dos and don'ts of lifestyle and food planning.

We will also teach you how Vitamin D can help you lose weight!

You can watch this lesson at any point this week, but next week only lesson 7 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)

DO NOT COPY