

# October Accountability Group



**Don't miss out on my final "short group" session of the year! I will not host another one-month**

# accountability group til February 2020. These accountability groups can be invaluable to your personal progress! Space is limited!!

Would you like some help on your THM journey? This group will give you just that! The encouragement and camaraderie of a small group of people all travelling in the same direction with the same goals, as well as teaching and encouragement from a THM official admin, coach and veteran!



This session will include a little teaching, a lot of encouragement and a daily dose of accountability to keep you on track going in to the season of indulgence! There will even be a \$20 THM Gift Certificate prize drawing mid-way through so

that you can purchase some on-plan treats to have on hand before the off-plan treats start playing “tricks”!

You can register here or by clicking on the picture above (pumpkin picture). Cost is only \$49 and if you register with a friend you will each save \$5! (Savings will be given as a refund after both members are fully registered.)

Loading...

**Don't forget to check out my Trim  
Healthy Mama plan book [GIVEAWAY!!](#)  
You have 5 chances to win!**

KEEP IT SIMPLE, KEEP IT SANE



# **Trim Healthy Mama Plan Book Giveaway!!!**

**Register now on my site**  
[www.myhealthyjourneyforlife.com](http://www.myhealthyjourneyforlife.com)

**Click on this picture to  
visit the giveaway page!**



*My Healthy Journey For Life*

Have you ever considered getting a coach to help you on your journey but you aren't sure what a coach could do for you? Contact me for a free consultation. I can explain to you how I would help you with no strings attached.