

**Congratulations Haley!!
Giveaway!! \$135 Value!!**

**Congratulations Haley A!! You won
the giveaway!!**

**Admit One to Coach Shannon's New
Year New You Group**

\$135 VALUE

GIVEAWAY!



**Plus Middle Mountain Coffee
and THM mug!**



Middle Mountain Coffee



The Cleanest Cup
MORE THAN ORGANIC



GROUND
NET WT. 12 OZ (340G)





.

This contest has ended but you can still join this group by clicking on the link below!

[6-Week New Year~New You Accountability Group](#)

This course will get your year going right! We will start on January 6th and run through February 16th. You will have a chance to check in daily for accountability. There will be 3 or 4 teaching and encouragement posts every day. There will also be a scale victory challenge with a prize; a non-scale victory challenge with a prize; and a random prize drawing as well! In addition to all that you will get daily access to me as your coach and a weekly check-in email for your personal questions!