

Hi, Ladonna!

I wanted to take a couple of minutes to encourage you this week. We are going through some crazy times, and many of us are experiencing a lot of "firsts"—first time cooking at home, first time managing working from home with the kids and the spouse . . . it can feel overwhelming.

This is why we launched [Bright Sky Nutrition Boot Camp](#) a little earlier than planned. We know that what we eat directly affects our mood and ability to cope with stress. Boot Camp offers daily accountability and resources to keep you moving towards your goals.

Make sure you check out what Boot Camp has to offer. If you have any questions, please feel free to [email me!](#) I'm here to help.

Helping you reach your goals,
Donna

P.S. If we haven't had a chance to chat in awhile, [schedule an appointment today!](#) Rachel and I can help you stay on track with your health and wellness goals for 2020!



I'm ready to get started!

Bright Sky Nutrition, LLC | 2460 E Madrid St, Springfield , MO 65804

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [About Constant Contact](#)

Sent by donna@brightskynutrition.com in collaboration with



Try email marketing for free today!