

*Lesson 3*

**SNEAK PEEK: NLS GRAD SUCCESS STORIES**



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**ERIN PAREKH  
BECAME THE LATEST IN-  
HOUSE NUTRITIONIST WITH  
OBÉ FITNESS**



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**DR. CORI COOPER LAUNCHED THE  
CYCLE OF PROVING, A GROUP  
COACHING PLATFORM THAT HELPS  
HIGH-ACHIEVING WOMEN  
REPRIORITIZE THEIR LIVES AND  
STOP NEGLECTING THEIR HEALTH!**



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**MOLLY KNAUER TEAMED UP  
WITH LINDSAY HARDING-HALL  
TO CREATE THE MOTHERHOOD  
METHOD**



**A wellness hub guiding women  
through their pregnancy and into  
motherhood.**

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**JENNI HYAMS CREATED A  
PROGRAM FOR BRIDES-TO-BE  
TO FEEL THEIR ABSOLUTE  
BEST**

**SHE SAID YES!**

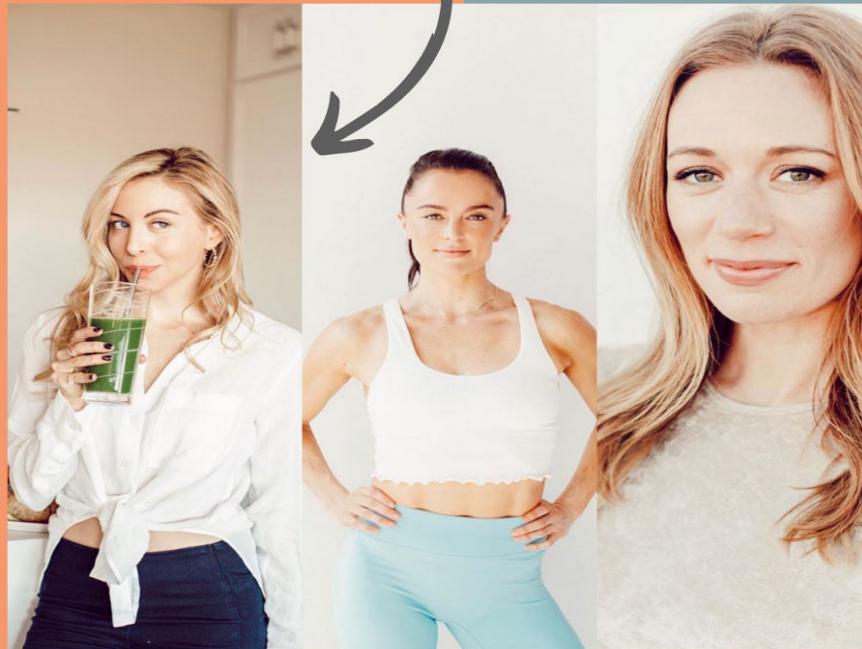


**Be Well Bridal is  
holistic, whole hearted approach to  
becoming a bride.**

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**LISA HAYIM, MS,  
RD, PARTNERED UP WITH  
MEGAN ROUP + KELSEY J PATEL  
TO LAUNCH A BRAND NEW  
SCULPT SOCIETY APP!**



Workouts, education + healthy  
recipes, and meditations

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**ALYSSA GAGARIN, FOUNDER  
OF MEAL PREP CHEF, JOINED  
THE FOOD NETWORK FAMILY!  
SHE'S GOING LIVE WITH YOU  
ON THEIR FOOD NETWORK  
KITCHEN APP**

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**Nurses  
Supporting  
Nurses**

Join our wellness  
group coaching  
program, starting  
January 16th, 2023

**ENROLL NOW!**

Early bird discount of 20% if  
signing up before Dec 16th.  
Use code EARLYBIRD20



**TERRI ANN PARNELL, DNP,  
MA, RN, FAAN LAUNCHED A  
GROUP COACHING PROGRAM  
FOR REAL-WORLD HEROES:  
REGISTERED NURSES.**



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**NLS HEALTH COACHES DR. RONIT KALMAN AND CHEF MERCEDES VARGAS PARTNERED UP TO HOST AN EDUCATIONAL HEALTHY BAKING, SNACKS + DESSERTS CLASS!**



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**DALIA LOC WAS FEATURED AS A  
GUEST EXPERT ON THE  
"LEADERSHIP IS FEMALE" PODCAST!**



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**SARAH BECKER JOINED INDIGO WELLNESS GROUP, AN INTEGRATIVE PRACTICE OF ACUPUNCTURISTS, MENTAL HEALTH EXPERTS AND MORE!**

**MEET OUR NEW INDIGO DIETITIAN!**



**Sarah Becker MS RD**

**Registered Dietitian &  
Nutritionist  
at Indigo Westport**

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*the* NUTRITIOUS LIFE *studio* 

**NUTRITIOUS LIFE  
CERTIFIED HEALTH  
COACHES ARE  
TAKING THE  
WELLNESS WORLD  
BY STORM!**