

Langevity Lifestyle

Program by LIVING WITH
Lacy 

What's Included:

12 Weeks: 8 sessions (60 min)

We will go over your wellness goals, and how I can support you in achieving them. Each session is designed to align you with holistic habits to help you feel more confident in your life choices.

Weekly Accountability Checks

Consistency is key! Accountability checks will help you stay on track with your goals.

Clean Living Audit

Your home will also receive a cleanse. In addition to your mind and body, we'll align your environment to support you in achieving optimal wellness.



Bonus!

- 5 Plant Based (PB) Smoothie Recipes
- 5 PB Family Friendly Meal Recipes
- 10 Ways to Reduce Plastic
- PB Grocery List
- PB Quickie Guide