

Lakeview Wellness presents:



What is this?

A group effort to get healthier together beginning November 1st

What does it cost?

Your commitment (*no other cost*)

When do we start?

Kickoff and info October 23rd at 6pm at Lakeview Wellness
(*Info, Resources, Testimonies, Food!*)

Group Whole 30 challenge begins November 1
(*Support, Guidance, Resources and more provided!*)

Meet our guides!

Connie Tomkins, RN

Connie is a wife, mother, grandmother and has over 25 years experience as a nurse in the healthcare industry. Connie's focus is now on a more holistic approach, integrating food, lifestyle, and reducing toxic overload in her own life—and teaching others to do the same.

Connie personally spent an entire 2 years incorporating Whole 30 into her life in 2020 and as a result her entire family benefited. She loves supporting others on their journeys to feeling better.



Abby Ingersoll

Abby is a wife, busy mother of four and a certified chef. She has had challenges related to autoimmune health and has been on the Whole 30 journey on and off for nine years. Abby also has family members with food allergies and has had to navigate the nuances of cooking for six while meeting the needs for all.

**Abby and Connie do not give medical advice and you should speak to your own healthcare professional to determine if Whole30 is right for you.*

**Abby and Connie are not certified Whole30 coaches and are merely offering their support.*

**Get more info on the official site: whole30.com.*

Email info@lakeviewwellnes.org or call 812.302.2505 to register.



We are committed to fostering a vibrant and thriving community by promoting mental, physical, and spiritual well-being, while also removing barriers for our most vulnerable members.

lakeviewwellness.org

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