

SOLO EMAIL 1

PLEASE TYPE YOUR FINISHED COPY IN THIS SPACE.

Subject: Join me on The Exhaustion Epidemic online series!



Hi [First Name],

- Are you struggling to make it through the day without feeling overwhelmed?
- Have you struggled with feeling “stuck”, alone, or unsure about what to do next, because there are too many things to do and not enough time?
- Do you roll your eyes when you hear the phrase “work-life balance?”
- Do you crave more freedom, energy and ease in life?
- Do you have a desire to re-discover your joy, and feel truly excited about life again?

If you answered YES to any of these questions, then I invited you to join me on “**The Exhaustion Epidemic**” series hosted by Heather Russell. Heather is an herbalist and health coach on a mission to bring YOU all of the tips, tricks and tools that she lacked on her wellness journey and she’s here to empower you to take conscious action to change your life.

You ARE important! It’s hard to witness so many women struggling to find balance in their lives or always putting themselves last. I believe you deserve access to resources that empower you to up-level your health, energy and your life. If you’re looking to reclaim your beautiful, energetic self and experience REAL TRANSFORMATION, – join me for this series >> **INSERT TRACKING LINK**

Heather hand-picked 21+ experts (including yours truly) to share how to fully step into your power to change your life!

Best of all, it’s absolutely FREE to attend!

You can register using this link >> **INSERT TRACKING LINK** and watch from your home, office, or on the go.

These expert speakers have collectively helped hundreds of thousands of people achieve an abundance of energy, manage their health and create the lives they’ve always wanted.

And, now, it’s your turn for them to support you. Will you join us?

Mark your calendar for **March 26th - April 17th, 2020**. I can't wait to see you there!

[Email signature]

P.S. This collective knowledge is worth A LOT, which is why I will not only be a speaker, but I'll be attending, too. These interviews are REAL, short, and to-the-point conversations that provide valuable, actionable information (because we know how busy you are)! Register here >>

INSERT TRACKING LINK