

Summer Refresh

Epilogue Workbook

Congratulations!
Additional Support & Resources
Certificate of Completion



Congratulations!



You have successfully completed the three week Summer Refresh Program!

CONGRATULATIONS!!!!

You have taken these past few weeks to understand yourself better, improve your body's natural metabolism abilities, regulate your nervous system, eat nourishing foods, and so much more! Thank yourself for showing up for you. You deserve to live a life you love!

The entire team at Rêve Health is celebrating your incredible progress!

“No one is too small to make a difference, and no difference is too small to spark a shift in the whole.”

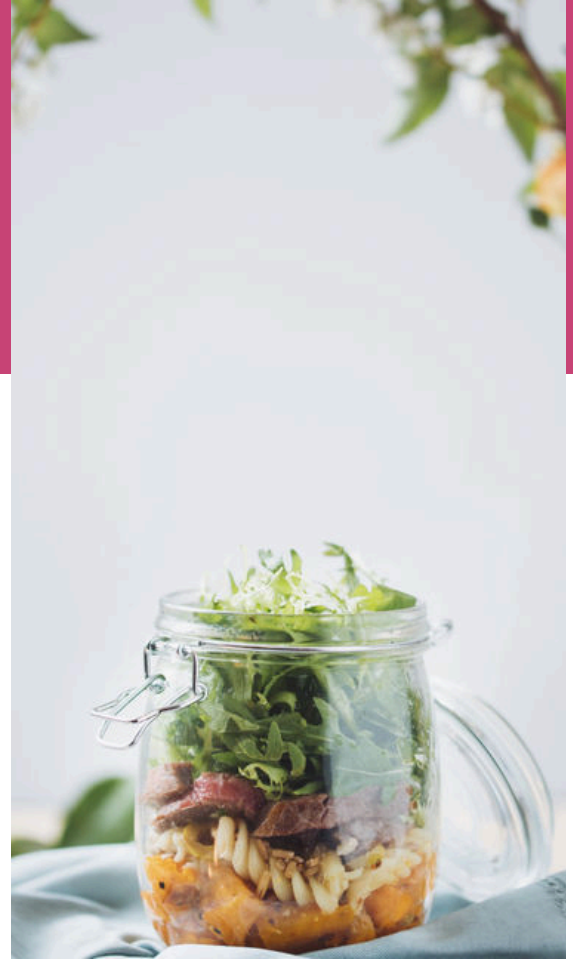
Additional Support & Resources

Need more support?

Depending on your protocol, you may have guidance calls available.

If not, here are some additional ways to receive support:

- [Join our Maintenance Plan for monthly meetings and continued care](#)
- [Purchase a single functional medicine guidance call](#)
- [Purchase a pack of 3 functional medicine guidance calls](#)
- [Purchase a single nutrition coaching call](#)
- [Purchase a pack of 3 nutrition coaching calls](#)
- [Purchase a purpose & life design call](#)
- See additional courses & handouts on our online community



Do you need
more help?

[Schedule a Zoom](#)



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RÊVE
HEALTH

CERTIFICATE

OF COMPLETION

*for successfully completing the three week
2025 Summer Refresh Program*

Julie Elaine Brown

JULIE ELAINE BROWN
Co-Founder, CEO

Madeline Cunningham

MADELINE CUNNINGHAM
Co-Founder, COO

Skylar Weir

SKYLAR WEIR
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