



## **FREQUENTLY ASKED QUESTIONS**

### **What is My Better Living?**

My Better Living is a health and wellness coaching company. It offers health & wellness coaching services for individuals and groups to achieve better health, better wellness & better living.

### **What services does My Better Living offer?**

My Better Living services include e-courses, individual consultations, group classes as event add-ons, group fitness classes, and motivational videos, podcasts, and articles.

### **How can I contact My Better Living?**

My Better Living can be reached via email at [mybetterlivingllc@gmail.com](mailto:mybetterlivingllc@gmail.com)