



WellnessPlus

by DR. JESS
MZ

Fresh Start Online Retreat Itinerary

Friday, March 22 to Wednesday, May 1



Wednesday March 27th

- Live Welcome Call with Dr. Jess, MD
- Learn how the program will work and get your questions answered

Wednesday April 3rd

- Live Group Call with Rain Holton, IHP & Deb Brucker, FDN-P
- Learn what drainage pathways are and why they are so important

Wednesday April 10th

- Live group call with Dr. Jessica Renfer, ND
- Learn more about your nervous system and why supporting it properly is vital to every healing journey

Wednesday April 17th

- Live call with Dr. Jess MD
- Learn to identify and overcome common roadblocks to healing



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Wednesday April 24th

- Live Call with Dr. Jess MD
- Learn how to use proven methods to do a simple yet very effective detox

Wednesday May 1st

- Final live call with Dr. Jess and the WellnessPlus team!
- Learn how to decide what to do next
- Special offer on a brand new service for WellnessPlus Members
- Giveaway of special products
- One lucky winner will get a free year of WellnessPlus
- Grand Prize: Live Coaching Call with Dr. Jess MD