



Congratulations!

You have completed 100% of the PATH program!



You have completed the Mediterranean Wellness PATH Program!

In the course of this program, you have learned the following:

- What real food really is
- How to pull your sweet tooth
- How to control portion distortion
- How to turn down your “appetite thermometer”
- How to control chronic consumption between meals
- How to prevent stress-induced over-consumption
- How to set meaningful goals that will pull you forward for life.

***Please keep this certificate for your records**