

# STRONG MAMAS, *STRONGER* LITTLES: 90-DAY MIND, BODY & SOUL TOTAL TRANSFORMATION

with Coach & Mama Kymbre Grauberger



“To be a good parent, you need to take care of yourself so that you have the physical and **emotional energy** to take care of your family.”  
–Michelle Obama



For more information email [Kagcoaching@gmail.com](mailto:Kagcoaching@gmail.com) or schedule your complimentary 60-minute session [here](#)

Thanks for your interest in my *Strong Mamas, Stronger Littles 90-Day Transformation* program! If you could benefit from losing weight, gaining energy, finding time for yourself, or releasing stress from struggles of motherhood and life, then you’ve come to the right place! You will join me weekly for 90 days, and I will help you discover the small changes you can make to get amazing transformations, so you can show up for YOU and your family in your **body, mind, & overall wellness**. We will discuss...

--What’s been stopping you, slowing you down or keeping you from having the outcomes you want...

--A powerful vision for your Mind, Body & Soul Transformation, and what it will mean for you and for your life...

--Which foods and lifestyle habits are bringing your body down....and what to do about it...

--A step-by-step plan to create a Total Mind, Body & Soul Transformation in 90 days or less...

**...and the best part is the initial 60-minute breakthrough session is completely complimentary!**