Hello!

It is exciting the new benefit year has started, and we get to connect for 4 more sessions of coaching! As a reminder, you are eligible for 140 points (70 points as a spouse) after completion of the 4th session.

Regarding scheduling:

* You may connect to my calendar at your convenience by clicking through the Coaching ActionCard through the GPIFit or CafeWell platform. [www.GPIFit.com](http://www.GPIFit.com) or [www.CafeWell.com](http://www.CafeWell.com)
* You may also simply reply to this email with preferable day/time options, and I will see if I can match your availability.
* As a heads-up, there is a Release of Liability form that will show up the first time the ActionCard is clicked for the benefit year.
  + Nothing has changed regarding the coaching program. The document simply clarifies the expectations around the coaching sessions.

I look forward to connecting and supporting you with your health and wellness goals!