



Welcome

THE BACK TO ME
SUBSCRIPTION

MEMBERSHIP
OVERVIEW



Reignite your energy, confidence, and joy with revitalizing lifestyle shifts for today's empowered woman!

My Mission is to Help You:

Overcome Burnout
Through Small Sustainable Shifts

And

Get Back on Track
With a Life You Love!

My Signature Back To Me Programs are crafted to meet you where you're at, appreciating that every woman is unique with her own preferences and needs.

Understanding that many women come to me feeling overwhelmed and burnt out (and maybe a bit guilty about feeling that way), I designed my programs to be gentle but effective, sustainable, and empowering. These programs offer revitalizing lifestyle secrets that help you achieve lasting results without adding to your burnout.

Back To Me Subscription Membership

What you get:

- **Personal Health Coach:** Get guided support on your journey.
- **Private Community:** Connect daily with like-minded women.
- **Optional Support:** Add email and text reminders if helpful. (I won't spam you!)
- **Back To Me Content Hub:** Access a vast library of resources, including guided meditations, breath work, affirmations, journal prompts, worksheets, and more.
- **Monthly Challenges:** Engage in activities that boost your mental, emotional, and physical health while having fun in the Community doing it together.
- **Live Sessions:** Join monthly office hours, workshops, Q&As, and social gatherings.
- **Daily Tips:** Receive techniques for holistic wellbeing.

\$29.99/monthly

Special pricing available in June (normally \$45/monthly). Month-to-month membership, no annual commitment.

Questions? Email or Book a Free Breakthrough Call!

Start
here

Back To Me Subscription Membership

Who it's for:

- For women looking to feel better in their bodies and minds, my holistic approach focuses on nourishing you physically, mentally, and emotionally to achieve lasting change.
- What I love most about my programs is that each woman gets personalized guidance and support tailored to her unique goals—this is not a one-size-fits-all program!
- I help you identify and prioritize your next steps, build a plan that fits your lifestyle (with a strong emphasis on time management because that is often an area overlooked), and support your ongoing growth toward your goals.
- If you're tired of being stuck in the same routines and want sustainable results, this is the shift, the program you need!

Questions? Email or Book a Free Breakthrough Call!

Back To Me Subscription Membership

Take a deep breath.
Trust yourself.
You can do this.

Ready to jump in! Get started here!

Let's chat!

I'd love to answer your questions and help you determine if this program is right for you. Simply email me or send a DM with "Chat" on any of my social profiles, and I'll reach out.

We can talk there or schedule a call to get all your questions answered!

Connect with me: beth@bethhankinwellness.com



Questions? Email or Book a Free Breakthrough Call!