



Live on with Les helps businesses and families make healthier, cleaner, and more sustainable choices through genuine guidance, thoughtful research, and personal experience. By focusing on improving both our health and the environment—now and for future generations—we can make this lifestyle approachable, meaningful, and profitable for all.

Live on with Les Foundations Class – Shareable Info

Class Date: Monday, Sept 15th at 9A

Topic: Mind, Body + Spirit (your first step toward wellness!)

Registration Link: [<https://liveonwithles.myflodesk.com/freeintroclass>]

2 Graphics are Attached - Story Size & Post Size

About Leslie

Leslie Menich is the founder of Live on with Les and a recognized voice in the clean beauty and wellness space. She's a salon manager, wellness educator, and one of the faces of Green Circle Salons' national campaign. Leslie helps individuals, families, and businesses build healthier, more sustainable lifestyles through approachable, real-life coaching.

Virtual Biz Card & Contacts: [<https://app.wavecnct.com/leslie.menich.aq8z>]

Suggested Caption (for posts, email, or text):

 Ready to reduce stress, boost your energy, and put your health first?

Join Leslie, a wellness + sustainability coach I trust, for her free Live on with Les Foundations class this Monday, Sept 15th. She's focusing on Mind, Body + Spirit — the most important pillar for building a healthier life and business. This is a great chance to experience her coaching.



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✨ Free to join → [<https://liveonwithles.myflodesk.com/freeintroclass>]

Don't miss it! ❤️

Longer Email Option, if needed:

Subject idea: Free Wellness Class – Sept 15 🌿

Body:

I wanted to share an amazing (and free!) opportunity coming up this Monday, Sept 15th. My friend Leslie, founder of Live on with Les, is hosting her quarterly Foundations Class — this one is focused on Mind, Body + Spirit.

It's designed to help you reduce stress, boost energy, and build habits that support your health personally and professionally.

✨ Save your spot here: [<https://liveonwithles.myflodesk.com/freeintroclass>]

Feel free to join yourself or pass this along to a friend who could use some wellness in their week. ❤️

→ 📱 Short Story Version (perfect for Instagram/Facebook Stories):

✨ Free class this Monday!

🌿 Mind, Body + Spirit with Live on with Les



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Want a preview?

Here are 2 short reels Leslie made about the class - it may also be easier for you to just share one of these.

- [<https://www.instagram.com/reel/DOEnIN1EdCa/?igsh=dW8wc29ldGw4YWpr>]
- [<https://www.instagram.com/reel/DObYRc6DZF8/?igsh=OHJjZWZvcDZtZmxj>]