



DEA MARIE SUHAI

is a Canadian weight loss and lifestyle coach. Her own weight loss journey started in 2011 when she lost over 100 pounds on the Ideal Protein medical weight loss protocol. During that time she started creating low carb recipes incorporating the protein powders from the Ideal Protein meal packets. In May 2018, Dea and Renee Lynn started a weekly low carb Facebook Live cooking show. In an effort to help viewers enjoy their weight loss and new lifestyle, she has recently compiled her baking recipes into a downloadable e-book, which can be found at www.deasrecipes.com. In February 2019, Dea and Renee presented an three-day event, the "Refresh Retreat" with 12 workshops for both coaches and clients.

BOOK DEA to teach clinic owners and coaches how to conduct grocery tours, workshops and cooking demonstrations for their weight loss clients and patients.

Day Rate: \$500* includes teaching for four hours and two hours prep time. Powerpoint presentation and handouts provided. All attendees will receive an e-book link for *Dea's Low Carb Baking Recipes* cookbook.

***Additional fees:** Accommodations, travel, class groceries, cooking supplies and any shipping costs, if necessary.



DEA'S WORKSHOPS

**Baking Class • Weird Veggies Class • Baking and Savory Dishes
Weekly Meal Prep • Easy Dinner Meals • Grocery Shopping Tour
Teaching Clinic Wellness Workshops**



RENEE LYNN AND DEA offer a "Coaches Mastermind" comprehensive 2-day workshop for coaches with a curriculum that includes learning how to be an expert coach, behavior modification and lifestyle education, teaching long-term weight loss skills, social media strategies, Facebook Live camera confidence, how to teach clinic workshops, grocery shopping tours, cooking classes and a variety of other subjects.

For more information on booking Dea or Renee Lynn contact:

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