



The ZOË Life Plan Changes and Heals Lives!

We believe we're on a journey together to pursue the ZOË Life, the abundant life, the extraordinary one, full of joy, prosperity, peace, and optimal health!



Zoe Wellness Weight Loss & Body Balancing Journal

Your journal will be your FIRST line of support! Have a question on how to start? Need a recipe or plateau breaker? We want to empower you to review your journal for some quick answers to frequently ask questions.



Follow-Up Appointments

Your Body Composition Analyses appointments are approximately 30-45 minutes every 15 days. It is imperative that you attend these scheduled appointments to monitor your progress.



Online Resources

Go to <https://zoewellness.com/get-started/> for over 200 recipes!



Like us on Facebook and Instagram

Instagram: @zoewellnessatl

Facebook: Facebook.com/ZoeWellnessATL



Email Support

We want you to ask as many questions as you may need throughout your journey. We are here to help and support you along the way! Email us: support@zoewellness.com

We respond to emails as soon as possible. Our goal is to respond by the end of the day or next day (except weekends). Please understand that our health and wellness coaches are taking care of many clients throughout the day. We strive to give everyone the same amount of care and attention to each inquiry received. Thank you in advance for your patience.



Balance 4 Life Program

This program is designed for people who desire to live life to the fullest on a daily, weekly, monthly, and yearly basis. We are always exposed to toxins regardless of how much you try to protect yourself. Our hormones are always changing. Stress from life's challenges never seems to disappear from our lives. All of these issues we are faced with along with many others cause our body to break down prematurely. If you are the person who wants to stay healthy, stay fit, and be at the pinnacle of your health potential, this is the program for you.