



LIVE SESSION WITH ELISE

- L.A. 10.30h
- N.Y.C. 13.30h
- LONDON 18.30h

SESSION BREAKDOWN

15

NOV

PAIN: Extinguish the Fire: Method to Calm Inflammation and Reclaim Your Body — No Expensive Tools, No Guesswork.

23

NOV

NUTRITION: Eat to Heal: The Meal Plan That Loves Your Lymph and Tames Inflammation — Without Starving Yourself

6

DEC

DIAGNOSIS: You've Been Told You Have Lipedema... Now What? The Real-World Roadmap for Your First 30 Days

13

DEC

EMOTIONS: When the Body Hurts, the Heart Breaks Too: How to Heal the Hidden Side of Lipedema

20

DEC

COMPRESSION: Your Second Skin. How to Make Compression Your Ally (Not Your Enemy)

3

JAN

EXERCISE: Move with Love, Not Fear: Gentle Strength That Restores Flow, Confidence, and Freedom