



## The Fasting Method

# Fat Fasting Masterclass

*June 4th to June 6th, 2024*

See below for the dates that the video lessons will be released and live sessions held.

Tuesday, June 4	Lesson 1: What is Fat Fasting	8 am ET
Wednesday, June 5	Lesson 2: How to Fat Fast	8 am ET
Thursday, June 6	Lesson 3: When to Fat Fast	8 am ET
Thursday, June 6	Live Q&A Session	10 am ET

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## Instructions

### To pre-register for live sessions:

#### From Desktop

- Sign in to your account
- From the menu, go to Appointments
- Click Book Appointment
- Choose the Fasting Method Masterclass provider
- Select Fat Fasting Masterclass Q&A
- Click on the date AND the time
- Confirm the appointment

#### From Mobile App

- Sign in to your account
- Go to Sessions at the bottom of your screen
- Click Book
- Choose the Fasting Method Masterclass provider
- Select Fat Fasting Masterclass Q&A
- Click on the date AND the time
- Confirm the appointment

Note: You **must** pre-register for all live sessions.

### To view your lessons on June 4th:

- Sign in to your account
- From the menu, go to Programs
- Locate your program: Fat Fasting Masterclass June 2024

Email your questions for the live Q&As to [masterclass@thefastingmethod.com](mailto:masterclass@thefastingmethod.com).