

# Weight Loss Masterclass

*What You Need to Know*

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## LESSONS

Your syllabus, workbook and first lesson will be posted Monday October 10th under Programs > Weight-Loss Masterclass October 10 - November 20, 2022.

Lesson videos are posted weekly on Mondays and Wednesdays.

## LIVE SESSIONS / WORKSHOP

Pre-register for the live Q&A's and workshops under Appointments (or Session if using the App). If you cannot make it live then they will be recorded and posted with the lessons.

## FORUM

Let us know how you are doing! Chat with other masterclass participants, Megan Ramos and Dr. Terri Lance in the exclusive forum thread!

Click on Forum (or Discourse Hub if using the App) then Weight Loss Masterclass October 2022.

## COMMUNITY

Your 3-month free community access will begin on October 10th to access to all of the community offerings including courses, group challenges, over 30 meetings weekly, and monthly Q&As. This feature will auto renew after 3 months (please see our [Terms of Service & Billing Terms](#)). If you wish to cancel your subscription, please contact [support@thefastingmethod.com](mailto:support@thefastingmethod.com).