



# THE FASTING METHOD COMMUNITY

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## COMMUNITY SUPPORT FOR YOUR HEALTH AND WEIGHT LOSS JOURNEY

- Over 25 live community groups hosted by TFM Coaches
- Live webinar Q&A's with Dr. Jason Fung, Megan Ramos and expert guests
- Monthly group fasting challenges hosted by Megan Ramos
- Expert moderated Discussion Forums
- Exclusive Fasting, Nutrition and Healthy Habits Courses
- Video FAQs
- Printable quick guides to help you navigate your fasts
- Monthly Town Halls with inspiring stories from our members

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**the Fasting Method**