

A Healthier Home, One Room at a Time

A 4-week lunch-and-learn webinar series that helps your team swap out harsh products in the kitchen, bathroom, and laundry room, with simple changes that fit a real budget and a busy schedule.



RECOMMENDED: THE FULL SERIES

Four Weeks to a Low-Tox Home

WEEK 1

The Low-Tox Kitchen

We start where food lives. Your team learns the handful of kitchen products worth swapping first, plus easy DIY options that cost pennies.

WEEK 2

The Bathroom Detox

Soaps, sprays, and personal care, sorted. We cover what to look for on a label and how to replace one product at a time without overwhelm.

WEEK 3

The Laundry Room Reset

Detergents and softeners touch skin all day. This session shows gentler swaps that still get clothes clean, including simple homemade recipes.

WEEK 4

Putting It Together + Q&A

We pull the whole month into one doable plan. Live questions, real-life sticking points, and a clear next step for anyone who wants to keep going.

Why teams choose the series

- Four short virtual sessions that fit a lunch break, no travel and no room to book.
- A ready-made Wellness Month for your calendar, with a clear theme each week.
- Practical takeaways every time. Each person leaves with one swap to try that week.
- Gentle and judgment-free. No scare tactics, no pressure to throw everything out.

Good to know

- Live on video with time for questions, plus a short recap note after each session.
- Every attendee gets a link to keep learning after the series ends.

Series pricing

Up to 25 people	\$1,200
Up to 100 people	\$2,500
Larger teams	Just ask

Full 4-week series. One booking covers your whole Wellness Month.

Prefer to start small?

Book a single session for \$350 and credit it toward the series later.

Dates held on booking. Virtual delivery, scheduled around your team's lunch hour.

About Cristina. Cristina Myer is the founder of Fresh Earth Life and a low-tox home coach. She helps busy people swap out the products in their kitchen, bathroom, and laundry room one at a time, even on a tight budget and a full plate. Her sessions are warm, plain-spoken, and built around what people can actually do this week.

BOOK BY EMAIL
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Share your team size and preferred dates.