



Hello and Welcome to Begin Within Academy!

Thank you for enrolling in ***“Beat Arthritis Naturally”***.

I'm really glad that you're here and I'm excited to share this information with you, because I know how positively it can impact your life.

The strategies and techniques outlined in this course have made a DRAMATIC impact on so many people's lives. Now it's your turn!

Arthritis pain can be debilitating and life-altering ... but you now have access to a multitude of pain relieving strategies. I know that you'll find many that will give you the relief you've been searching for.

## Before You Dive into the Course:

You're invited to join [Begin Within Facebook Group](#) ... it's completely FREE!

Get the most out of your learning experience by our joining our *private* Facebook group: [Begin Within – Mindset Makeovers for Women](#)

In our private Facebook group you'll find like-minded women sharing:

- Resources
- Tips, tricks and shortcuts that really work (for *real* people!)
- Early-bird & Pre-release discounts on Courses, eBooks & Mindset Makeover Kits
- Group discussions
- Q&A
- Motivation, Inspiration, Laughs and Unconditional Support from women facing the same challenges as you; women just like us

I am always here to help, so please join our Facebook group so you can ask questions or get help for any challenges you're having.

Again, WELCOME to Begin Within Academy!

*Donna Bainton*