



LAUP 9th Annual Gala

Latin Americans United For Progress



Total Wellness VIP Package

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Starting Bid **\$75.00**

Retail Value **\$400.00**

Donated by **Valeo / Training**

Kickstart your health and wellness journey with this **21-day VIP experience**, including a personalized strength training program, **2x/week coaching**, access to open gym and classes. Take your self-care further with **Collagen Peptides**, **Epsom Salts**, and a **Stress Less Essential Oils Roller**, plus a **Valeo baseball cap**. Fuel your body and mind with our **30 Hearty and Healthy Fall Recipes** and the

bestselling book **Atomic Habits**. This all-in-one package is perfect for anyone ready to elevate their fitness, nutrition, and wellness game!

Includes:

- 21-day VIP Experience (strength training program, 2x/week coaching, open gym, and classes)
- A container of Collagen Peptides
- A jar of Epsom Salts
- A Valeo Baseball Cap
- Their Recipe Book: 30 Hearty and Healthy Fall Recipes
- The "Atomic Habits" book
- A Stress Lessâ€!