

NEW Intermittent Fasting Masterclass

What You Need to Know



LESSONS

Your first lesson will be posted Monday April 17th under Programs > NEW Intermittent Fasting Masterclass April 17 - 30, 2023. Lesson videos are posted daily at 12 pm Eastern Time.

LIVE Q&AS

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

FORUM

Let us know how you are doing! Chat with other masterclass participants and Megan Ramos in the exclusive forum thread! Click on Forum (Discourse Hub if using the App) then Intermittent Fasting Masterclass April 2023.

COMMUNITY

Your 1-month free* community access will begin on April 17th to access to all of the community offerings including courses, group challenges, weekly meetings, and monthly Q&As from our experts.

*This feature will auto renew on April 17th. Please see our [Terms of Service](#) & [Billing Terms](#). If you wish to cancel your subscription, please contact support@thefastingmethod.com.