



# Chart your wellbeing course with Grokker Courses

Grokker Courses are structured, expert-led solutions that fill in the gaps for people who want to address health issues like anxiety, depression, and weight management. This unique solution featuring a 3-steps-a-day system, patented video content, expert-led virtual events, and cohort-based experiences helps members build on the lessons learned in prior weeks.

## What makes Grokker Courses different?

Most programs on the market only focus on 1:1 therapy, which can be expensive and may not work for everyone. Courses' community approach lets members get the help and motivation they need while they achieve sustainable change. And the results speak for themselves.

### Weight Loss Jumpstart Guide

**5%**

reduction in body weight in 8 weeks

**90%**

feel healthier and more energized

### Stress-Less Survival Guide

**72%**

GAD-7 improvement

**80%**

have tools to manage anxiety

[Start Grokker Courses today >](#)