

WORKSHOP GIVEAWAY — OFFICIAL RULES

No purchase necessary to enter or win. A purchase will not increase the value of any individual entry. Void where prohibited.

Promotion Period

The Whole Health Counseling Workshop Giveaway begins **August 28, 2026** and ends **October 1, 2026 at 11:59 PM Eastern Time**.

Eligibility

The giveaway is open to legal residents of the United States who are **18 years of age or older** at the time of entry. Employees and contractors of Whole Health Counseling and members of their immediate households are not eligible to enter.

How to Enter

Workshop Purchase: During the promotion period, purchase any eligible recorded online workshop offered by Whole Health Counseling. Each workshop purchased will automatically receive **one entry** into the giveaway. Purchasing multiple workshops will result in one entry per workshop purchased.

Free Entry: No purchase is necessary. To enter without making a purchase, email **wholehealthcounseling1@gmail.com** during the promotion period with the subject line **“Workshop Giveaway Entry”** and include your first and last name and email address. Limit one free entry per person.

Prize

One winner will receive a **complimentary 30-minute virtual consultation via Zoom with Vanessa Mincolla, MS**, valued at **\$100**.

The consultation may include personalized wellness recommendations and nutrition and supplement guidance based on the winner’s individual needs. The consultation is virtual and does not include an in-person appointment.

The prize has no cash value, is non-transferable, and may not be exchanged for cash or another service.

Winner Selection

One winner will be selected at random from all eligible entries received during the promotion period.

The winner will be contacted by email on or around **October 3, 2026**. The selected winner must respond within **7 days** to claim the prize. If the winner does not respond within that period or is determined to be ineligible, another winner may be selected at random.

Privacy

Information submitted for purposes of entering the giveaway will be used to administer the promotion and contact the winner. The winner's name or other identifying information will not be publicly announced without permission.

General Conditions

Whole Health Counseling reserves the right to modify, suspend, or cancel the giveaway if circumstances beyond its reasonable control interfere with the administration, security, or fairness of the promotion.

By entering, participants agree to these Official Rules.

Sponsor:

Whole Health Counseling
Massachusetts, USA