



# LearnItLive

**Puts Health and Wellness Experts within Reach**



# Learn It Live is a Social Learning Network

Connecting experts and people in live online classes





# Like the Highest Peaks, Quality Health and Wellness Experts Remain Inaccessible



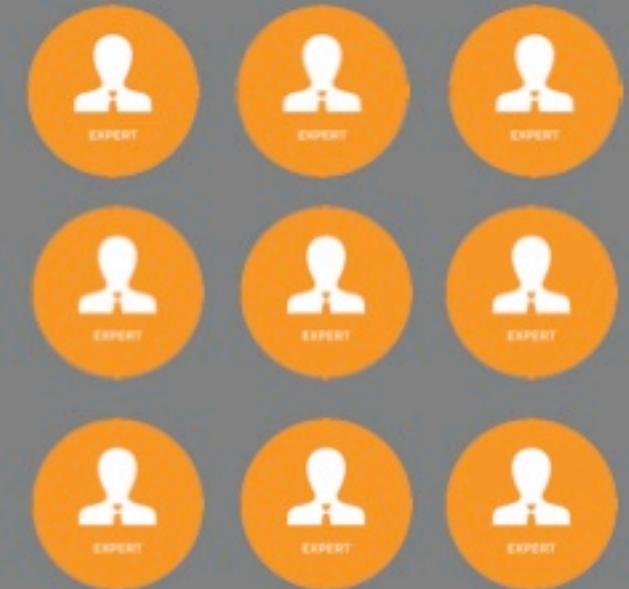
1. Not Available Locally
2. Hard to Identify
3. Expensive
4. Inconvenient



# Learn It Live Puts 1000s of Experts at Your Fingertips



We also bring on  
an organization's  
current experts



...and even

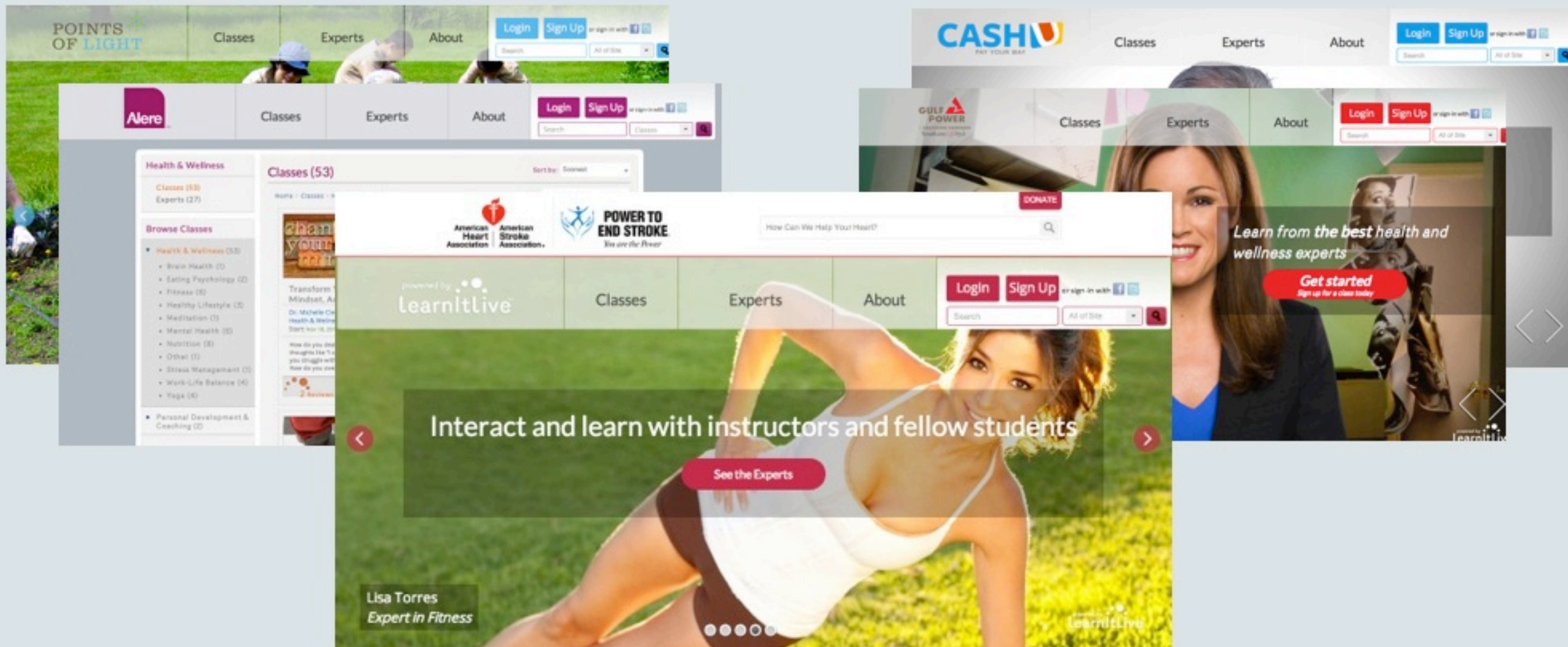




# The Platform



Users access expert classes via an organization's white label center





# Ultimate Convenience to Find an Amazing Class



## Health & Wellness

**Classes (473)**  
**Experts (236)**  
**Learning Materials (228)**

## Browse Classes

**Health & Wellness (473)**

- Back Therapy (1)
- Brain Health (4)
- Breast Health/Disease (1)
- Dance Fitness (1)
- Eating Psychology (5)
- Employee Health (1)
- Fitness (39)
- Health Eating (8)
- Healthy Lifestyle (41)
- Holistic Health (3)
- Meditation (20)
- Mental Health (10)
- Nursing (7)
- Nutrition (56)
- Other (45)
- Raw Food Diet (6)
- Stress Management (5)
- Vegan Diet (6)
- Women's Health (1)
- Work-Life Balance (12)
- Yoga (83)

▶ **Health Data (7)**


▶ **Cooking (27)**

## Classes (473)

Home > Classes > Health & Wellness

Sort by: Soonest

Page < Prev 1 2 3 4 5 Next >




### 3 Steps to Mindful Eating

Barbara Burgess-Camardella  
Health & Wellness > Health Eating  
Start: Jan 04, 2014 at 06:00 pm CST

This is the year that you start eating the way you've always wanted to: HEALTHILY! If you've been making a resolution to stop dieting and

0 Reviews [Register Now](#)




### T-series TALL-For Spinal Health

Lisa Torres  
Health & Wellness > Healthy Lifestyle  
Start: Jan 07, 2014 at 11:00 am CST

With professionals giving shocking statistics that estimate up to 80% of the population will suffer from back pain at some point in their lives, it is

1 Reviews [Register Now](#)




### Diabetes Free University™ 16-Week

Shelley Myers  
Health & Wellness > Employee Health  
Start: Jan 07, 2014 at 11:00 am CST

Diabetes Free University™ is the premier online system for individuals who want a physician-developed, robust and engaging

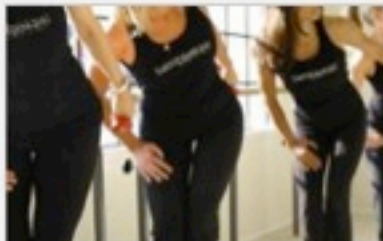
0 Reviews [Register Now](#)



### How to Break Through Emotional Eating

Dr. Michelle Cleere  
Health & Wellness  
Start: Jan 08, 2014 at 11:00 am CST


Emotional Eating happens when we look to food for comfort when we are stressed or upset. Oftentimes



### Barre Fitness

Lisa Torres  
Health & Wellness  
Start: Jan 09, 2014 at 12:00 pm CST

Barre Physique Basic is a beginner 45 minute total body workout with a slower instructional pace. You will



### Thrive In Your Body In The New Year

Katie Bressack  
Health & Wellness  
Start: Jan 14, 2014 at 06:00 pm CST

How can you let go of the holiday weight and add in healthy foods to truly help your body thrive in the



# The LiL Experience is Truly Interactive

Leading Expert

Live Video and Audio

Slide Presentations

The screenshot displays the LiL interface with three main sections:

- AUDIO & VIDEO:** A live video of Andrea Beaman, a woman in a green and yellow apron, standing in a kitchen. A white arrow points from the 'Leading Expert' label to this section.
- PARTICIPANTS:** A list of participants in the 'MAIN ROOM (11)'. It includes Amanda Scatuorchio (Moderator) and Andrea Beaman (Moderator). A white arrow points from the 'Live Video and Audio' label to this section.
- CHAT - Supervised:** A chat window showing a message: 'I will also include this link in a message to you all tomorrow in a message 😊'. A white arrow points from the 'Live Chat' label to this section.

The central slide presentation is titled 'Support Heart Health' and features a list of bullet points:

- Whole foods
- Naturally raised animal products
- Cooling foods
- Stress reduction
- Relaxation
- Meditation
- Love
- Laughter

Two images are shown on the right side of the slide: a bowl of fresh vegetables and a photo of two women laughing. A white arrow points from the 'Slide Presentations' label to the slide content.

At the bottom, a white arrow points from the 'Whiteboard Activities' label to the slide content.

Whiteboard Activities



# Robust Analytics Via an Admin Site

## Reports

### Users Participation Information

<u>ID</u>	<u>First Name</u>	<u>Last Name</u>	<u>Email</u>	<u>Total Time In Live Sessions (minutes)</u> ▼	<u>Total Recording Views</u>	<u>Number of Classes</u>	<u>Number of Feedback</u>	<u>Employee ID #</u>	<u>Classes</u>
38387	Ryan	Bosman	rbosman@southernco.com	318	0	8	0	384662	[+] Classes Details
35927	Bonnie	Hughes	bhughes@southernco.com	125	0	2	0		[+] Classes Details
35955	Marisa	Horton	mhorton@southernco.com	90	5	2	1		[+] Classes Details
35912	Martha	Lilly	mlilly@southernco.com	88	0	3	2		[+] Classes Details
35908	Donecia	Gillis	dgillis@southernco.com	87	0	2	0		[+] Classes Details
38320	Linda	Starks	lstarks@southernco.com	76	1	6	2	402338	[+] Classes Details
35953	Shirley	Sorenson	ssorenson@southernco.com	73	0	1	0		[+] Classes Details



# How Groups are Using LiL today:



## **Member/Customer/Subscriber Outreach**

eg. American Heart Association uses LiL to reach and educate an audience of 20M across the US. Our experts and the AHA's lead the classes.



## **Employee Education**

eg. Gulf Power has 3,000 employees spread across the US Gulf region. They subscribe to LiL to provide their employees access to interactive health content and reduce their health costs.



## **Community Health**

eg. Allina, a \$4-billion hospital system out of Minnesota integrates LiL and our health and wellness classes into their health portal to provide their patient community access to engaging health and wellness classes.



## **Citizen Population Education**

eg. Dubai utilizes Learn It Live's technology and experts to lead interactive health and wellness classes (in Arabic) for their youth population.





# Why Learn It Live is Unique?



The real-time web is upon us. With Skype, Google Hangouts, Facetime and more, people are becoming accustomed to interacting live online.  
**Learn It Live is the leading company focused on live online learning**

## Network of quality and passionate experts and celebrities

Means you don't have to be responsible for all of the content. We can select the perfect expert and quickly add topics to your program



## Technology

Top development team built social learning network different than any currently on the market



## Turn-Key

You don't have to worry about the logistics around organizing content and managing technology. Our team manages it all





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