

WELLNESS PROGRAM	BENEFITS
<p><b>WELLNESS MEMBERSHIP: Hormone Balance</b></p>	<ul style="list-style-type: none"> <li>· Saliva Test + 1 Hour Consultation</li> <li>· 3 – 30 minute Follow-Up Consultations               <ul style="list-style-type: none"> <li>· 15% off all supplements</li> </ul> </li> <li>· 20% off any additional saliva testing &amp; consultations               <ul style="list-style-type: none"> <li>· Private Facebook Group</li> </ul> </li> <li>· <b>Estrogen, Progesterone, Testosterone Levels</b></li> <li>· <b>AM &amp; PM Cortisol Levels</b></li> <li>· <b>Customized Pharmacist Recommendation sent to doctor</b></li> </ul>
<p><b>WELLNESS MEMBERSHIP: Stress Recovery</b></p>	<ul style="list-style-type: none"> <li>· Saliva Test + 1 Hour Consultation</li> <li>· 3 – 30 minute Follow-Up Consultations               <ul style="list-style-type: none"> <li>· 15% off all supplements</li> </ul> </li> <li>· 20% off any additional saliva testing &amp; consultations               <ul style="list-style-type: none"> <li>· Private Facebook Group</li> </ul> </li> <li>· <b>4 Cortisol Levels Throughout Day</b> <ul style="list-style-type: none"> <li>· <b>Determine Stage of Stress</b></li> <li>· <b>Identify Top Stressor Category</b></li> <li>· <b>Supplement Therapy</b></li> <li>· <b>Information to take control</b></li> </ul> </li> </ul>
<p><b>WELLNESS DUAL MEMBERSHIP: Hormone Balance &amp; Stress Recovery</b></p>	<ul style="list-style-type: none"> <li>· Saliva Test + 1 Hour Consultation</li> <li>· 3 – 30 minute Follow-Up Consultations               <ul style="list-style-type: none"> <li>· 15% off all supplements</li> </ul> </li> <li>· 20% off any additional saliva testing &amp; consultations               <ul style="list-style-type: none"> <li>· Private Facebook Group</li> </ul> </li> <li>· <b>Includes All Benefits of Hormone Balance &amp; Stress Recovery Memberships</b></li> </ul>

Our Wellness Programs are designed to be a continuous system as we support you through your health journey.



HEALTH COACH PROGRAM	BENEFITS
<b>FINDING YOUR OPTIMAL HEALTH:</b> Discovery Session <b>FREE</b> (\$75 value)	<ul style="list-style-type: none"> <li>·Uncover obstacles that are stopping you or slowing you down</li> <li>·Develop powerful vision for your health</li> <li>·Discover foods and lifestyle habits that are currently limiting you</li> <li>·Get a Step by step plan for your health journey</li> </ul>
<b>28 DAY JUMPSTART</b> (4 Sessions)	<ul style="list-style-type: none"> <li>·4 Scheduled Weekly One-On-One Sessions</li> <li>·Private Facebook Group</li> <li>·Access to Customized Health Coach App</li> <li>·<b>Building a healthy base</b></li> <li>·<b>Introduction to working with a health coach</b></li> </ul>
<b>NEW HABITS, NEW YOU</b> (8 Sessions)	<ul style="list-style-type: none"> <li>·8 Scheduled Weekly One-On-One Sessions</li> <li>·Private Facebook Group</li> <li>·Access to Customized Health Coach App</li> <li>·<b>Building a healthy base + empowering habit change</b></li> <li>·<b>Overcoming Challenges</b></li> </ul>
<b>ACHIEVING YOUR OPTIMAL HEALTH:</b> Total Transformation (12 Sessions)	<ul style="list-style-type: none"> <li>·12 Scheduled Weekly One-On-One Sessions</li> <li>·Private Facebook Group</li> <li>·Access to Customized Health Coach App</li> <li>· <b>Building a healthy base + empowering habit change + transforming behaviors</b></li> <li>·<b>Dive deeper into your optimal health and lifestyle</b></li> </ul>
<b>4 FOLLOW UP SESSIONS</b>	<ul style="list-style-type: none"> <li>·Available after completing 1 of the above Health Coach Programs</li> <li>·Use Anytime within a Year of purchase</li> <li>· <b>Customized Sessions to Address Your Specific Need</b></li> </ul>
<b>8 FOLLOW UP SESSIONS</b>	<ul style="list-style-type: none"> <li>·Available after completing 1 of the above Health Coach Programs</li> <li>·Use Anytime within a Year of purchase</li> <li>· <b>Customized Sessions to Address Your Specific Need</b></li> </ul>

We aim to help you create healthy habit change that leads to healthy behavior, which leads to a healthy lifestyle.

