

# Integrative Health Coaching with Kim Hemminger, RN, BSN, CHC

## Kim's expertise and experience:

- ✿ Optimizing immune function
- ✿ Exercise and fitness
- ✿ Fitness Nutrition
- ✿ Women's hormonal transitions
- ✿ Reducing stress and increasing energy
- ✿ Real food nutrition and meal planning



## Services:

*New Clients: Free 30 minute in person or phone consultation*

**50 minutes session:** \$65.00 session (recommend minimum of two sessions)

**3 month Wellness Package:** \$330.00 ( 6 sessions @\$55.00 session)

**6 month Wellness Package:** \$600.00 (12 sessions @ \$50.00 session)

## Packages include:

- ✿ Free 30 minute phone or in person consultation
- ✿ 50 minute sessions- scheduled 2 per month
- ✿ personalized Wellness Plan
- ✿ supportive materials and resources
- ✿ email or phone support as needed
- ✿ several free helpful gifts