

3 Month

Midlife Makeover

Welcome to my comprehensive 3-Month Health and Wellness Coaching Program, specifically designed for women navigating midlife transitions.

This personalized program is dedicated to helping you cultivate sustainable, lifelong healthy habits, with a focus on improving sleep quality, boosting energy levels, and reducing muscle and joint pain.

Initial Session: The journey begins with an in-depth 90-minute discovery session, where we will explore your unique health goals and challenges.

Monthly Sessions: You will engage in three 45-minute personalized sessions each month, scheduled at your convenience. Each session is client-led, empowering you to guide the conversation and focus on areas that matter most to you.

Between Sessions: I provide ongoing email support, responding within 24 hours, to ensure that you always have the guidance and encouragement you need.

Accountability is a cornerstone of this program; after each session, you will receive tailored action steps to implement, helping you make consistent progress.

With my 25 years of experience as a physician associate in family practice, I am equipped to guide you through lifestyle changes with a blend of compassion and expertise. Together, we will work towards a healthier, more energized you, with the knowledge and habits to sustain your well-being for years to come.