

INTEGRATIVE HEALTH COACHING

What is Integrative Health Coaching?

Integrative Health Coaching (IHC) empowers you to make lasting health behavior changes that are the cornerstones of lifelong well-being. It bridges the gap between medical recommendations and your abilities to successfully implement those recommendations into your complex life.

Together we will partner to:

- Create a dynamic vision for your optimal health and well-being
- Design key lifestyle goals, action steps, and a road map to success
- Explore the Wheel of Health and your place in it
- Identify obstacles to change and create strategies for forward movement
- Acquire the tools to empower you in transforming your own health

New Client Package

6 sessions of 45 – 60 minutes each \$360 (\$60 per session)

Julie Fitzpatrick is an Integrative Health Coach (IHC) certified by Duke Integrative Medicine. To make an appointment please call or text: 813-732-6744

All health coaching packages expire 6 months after date of purchase. In order for us to offer these discounts, we ask that there be no exceptions to the expiration policy, not transferable.

Failure to give 24 hours' notice of cancellation may result in a charge.



575 75th Avenue
St Pete Beach, FL 33706
www.iamfitforlife.com
Tel: 367-0075 Fax: 367-0402