

Functional Medicine Health Coaching

Having the support of a qualified health coach can meaningfully impact your medical treatment, and often leads patients to discover a more direct path to stronger, more sustainable results.

A Health Coach is a partner who:

- Listens deeply and responds with empathy
- Provides you with a safe and positive space to grow
- Helps you to focus and find your footing
- Encourages and challenges you to care for yourself
- Supports you to make a holistic, mindful lifestyle plan
- Embraces and understands food as medicine
- Asks meaningful questions and learns along with you
- Nourishes change when change is difficult
- Celebrates your journey and successes

Health Coaching Support Packages

	Standard	* Health +
Foundations of Health Starter Package Initial visit (60-mins) + 2 follow ups (30 mins each)	\$299.00	\$149.00
6x 30-minute health coaching consults	\$399.00	\$199.00
8x 30-minute health coaching consults	\$499.00	\$249.00

*50% off all health coach packages for health+ members

Health + member fees are \$500 per year.

Please speak to a SFM staff member for more information or to sign up.



Summerlin Functional Medicine