

Eat.Live. *Thrive!* Programs

1-month Program

Quick Start (3 sessions) \$400

This 1-month program provides quick easy hits for nutritional changes. Current nutrition is evaluated via a 2-week diary. Goals are established, reviewed and a plan put together. The client will be responsible for implementation or can extend the program for a longer period of time if more support is desired. This program is for those who are more independent, and seek minimal support.

6-month Programs

Individual/Bi-monthly (12 sessions)	\$1500
Individual/Weekly (24 sessions)	\$2800
Couple Bi-Monthly (18 sessions)	\$2250
Individual Maintenance Program (6 sessions)	\$800

These 6-month programs provide the most opportunity for long term health change. It takes 28 days to change a habit, and there are 6-cycles of 28 days to effect change to multiple nutritional habits. This program includes current nutrition evaluation, 1-3-6-12 month goal establishment; plan is created based on your tastes, habits, lifestyle and desires, implementation is made at the rate you find comfortable, nutritional information/education, cooking classes (if desired), counseling making healthy choices while eating out, traveling, vitamin/supplementation, grocery store orientation, as well as on going nutrition education on diet fads, healthy skin and hair, increasing energy, decreasing weight, sugar addiction, food allergies, etc. Whatever your health goals are . . . This is one of the best investments you can make in yourself, because when you are healthy and full of energy, you feel better about yourself, your relationships, your career, everything in your life.

Additional Nutritional Support

Cooking Class 2-hour Instruction	\$300-400 (depends on location of class)
Vitamin/Supplement Protocol Consult	\$150
Initial Health Consult (new clients)	No Charge

Rebekah Kelley

Certified Holistic Health Counselor, HHC, AADP

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Cell: (202) 957-4965

Fax: (571) 313-0462

Email: Rebekah@eatlivethrive.com