



HEALTHY OPTIONS COACHING

...changing behaviors in a positive direction!

Wellness Coaching

Initial Coaching Session: \$75.00 (90 minutes)

Follow-up Sessions: \$60.00 (45-60 minutes)

Coaching Package 1: \$240 – includes initial session plus 3 follow-up sessions (Save \$15.00)

Coaching Package 2: \$400 – includes initial session plus 6 follow-up sessions (Save \$35.00)

Weight Management Support Group: \$60.00 (includes four 90-minute sessions)

Am I Hungry? Workshops

8 Week Workshop: Call for dates, times, & workshop fees

Mila

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Healthy Options Coaching

Sheela Calhoun LPN, M. Ed.

51 Mill St. Hanover, MA 02339

781-740-4552

info@healthyoptionscoaching.com