



THE CHATHAM CLUB

## CHATHAM CLUB HEALTH COACHING PROGRAM

Let change begin.

As a National Board Certified Health and Wellness Coach (NBC-HWC), I'm here to guide you in creating lasting behavior changes that promote optimal health and longevity. Together, we'll collaborate to design and implement achievable short-term goals that build toward sustainable, long-term success. My areas of focus include weight loss, nutrition, chronic disease prevention, inflammation, exercise, hormonal balance, stress management, sleep, and overall well-being.

I'm thrilled to embark on this journey with you!

Chrissy

## LET 2025 BE YOUR YEAR OF CHANGE

### 6 WEEK HEALTH COACHING

With Chrissy Stanley, NBC-HWC

[clstanley6@gmail.com](mailto:clstanley6@gmail.com) 201-563-4466

Jump start your optimal health with an introduction to Health Coaching!

\$400 for Chatham Club Members / \$475 Non-Members

\*Valid January, February and March 2025 ONLY!

Jump start your optimal health with an introduction to Health Coaching!

- FREE 15 Minute Consultation
- 3 Virtual Coaching Sessions 45-60 Minutes
- 2 Virtual Check in Sessions 15 Minutes
- Weekly Email Communication
- Intake, Resources, Assessments, Progress Report and Survey

Single 60 Minute Session \$150

Single 30 Minute Session \$75