

Carrie Lee Klaiber's



Plant your *Health* Garden

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**3-6 month
minimum**

*A deep and
sustainable
commitment to YOU*

Step 1: The Garden Plot **90 Minute Intake** *Personalizing your Garden* in person or online

Utilizing 40+ years of **Nursing Experience** and 25+ **Holistic Health Experience**, we together determine (plot)nyour health goals and needs for your body, mind and spirit (your garden)

This experience builds your gardening tool belt and team

What we may Discover

📖 **Ways in which to grow your relationships with yourself, others and the natural elementals/world.**

💧 **Tools which are no longer helpful and new tools in which to weed and prepare your garden.**

🌱 **What is the best fertilizer?** (*what are you ready to digest?*) **Re-membering our innate capacity to heal**

🔍 **Tools to support to replacing fear with curiosity**

and 🌱 **What Resources and who will help to**

nurture your garden? Your relationships reviewed.

**= self responsibility,
self care and
empowerment**

(Using Kinesiology (muscle testing) to support the remembering assures you are listening to YOUR guidance. We will together explore ways to assure that your garden (YOU) becomes and remains authentically YOURS by Identifying YOUR new health paradigm team (create YOUR community) and Remembering that "Community is our Immunity and Health our wealth"

RipplesToRememberingWellness.com