

Ripples to
Re-Membering

Plant your Garden

Health

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3, 6 or 9
Months

A deep and
sustainable
commitment to YOU



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

Personalizing your Garden

Utilizing 38 years of **Nursing Experience** and 24+ **Holistic Health Experience**,
we determine your health goals and needs for your body, mind and spirit
This session begins to create your new health “gardening” team and tool belt

What we Discover

- 🧑 **Who is aligned with YOUR “garden” plot and plan?**
- 💧 **What Tools will be most useful to weed your garden?** (mental exercises)
- 🌱 **What is the best fertilizer** (food) for your health?
- 🔍 **Which physical tool** would best help the garden grow?
(exercises for the body)
- and 🌿 **What Resources will help to nurture your garden?**
(Learning/educating about various tools and methods)

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

Re-membering our innate capacity to heal = self responsibility, self care and empowerment



Health

Nurturing You & Your Garden

3 Months - \$444 | 6 Months - \$666

9 Months - customized pricing

Includes: Weekly Accountability Calls

*WEEKLY (30 minute sessions) EVERY OTHER WEEK (1 hour sessions)
or MONTHLY(90 minute sessions)*

Available in person, phone call or online video chats.

We work together to offer the opportunity for YOU to be witnessed and heard as you make choices and decisions throughout and -
These sessions offer accountability to YOU by YOU.

Why this much time?

Dreaming into being, plotting and planning, weeding, fertilizing, watering, planting seeds, nurturing seedlings, watering and fertilizing again and again and ultimately reaping what YOU sow takes time.

What is required?

Patience, a willingness to re-member what may have been forgotten -A resounding, reverberating and consistent commitment

Tools & Resources include books, videos, articles, experiences or other providers

Re-memembering our innate capacity to heal = self responsibility, self care and empowerment