**A logo with sun and hills

AI-generated content may be incorrect.**

Check out what your program includes and let's chat for 15-30 minutes to see we can work together towards your health goals. Call me 585-698-1999 and leave a message if I don't answer. I promise to call you back.

Space is limited to just 5 new Wellness Members each month, ensuring you receive the dedicated one-on-one attention, support, and guidance you truly deserve for your transformation.

**Your Program Includes:**

* Personalized Welcome Package: Receive a comprehensive "Welcome Box" containing all essential materials to start your wellness journey successfully.
* Custom Nutraceutical Support: Benefit from doctor-formulated supplements specifically tailored to your individual health needs and goals.
* Targeted Educational Curriculum: Access to our Wellness Academy online platform with a personalized program length recommendation following your Initial Wellness Evaluation.
* Expert Medical Guidance: Enjoy scheduled virtual telehealth consultations with me, a Licensed Nurse bringing over 37 years of professional healthcare experience to your wellness journey.
* Comprehensive Resource Library: Gain immediate access to a complete collection of wellness tools and references designed to support your ongoing health transformation.
* Dedicated Personal Support: Participate in private weekly coaching sessions with me via Zoom, where I'll provide motivation, answer questions, clarify curriculum concepts, and help you implement sustainable lifestyle changes for lasting success.

**Exclusive Program Features:**

* All-Inclusive Wellness Program: Everything bundled upfront with no hidden costs or add-ons. Your entire program is covered, with convenient monthly payment options to simplify budgeting.
* Flexible Payment Options: Choose from multiple zero-interest payment plans tailored to your monthly budget, with special discounts for paying in full.
* Comprehensive Resources: Access downloadable and printable materials you can reference anytime throughout your wellness journey and beyond.
* Efficient Learning: Concise, focused curriculum videos with closed captioning for accessibility.
* Extended Access: Full year of educational curriculum access, including the option to revisit materials as often as you want.
* 24/7 Support: "Cornerstone Companion" App puts your practitioner Sandy in your pocket, providing real-time guidance for shopping, meal preparation, and dining out to help you effortlessly maintain your program.