



Welcome to Laureavida Wellness LLC. My name is Sophie Webster, I am a Certified Life and Health coach myself but also manage a team of Certified Life and Health Coaches. We have all graduated from the Health Coach Institute (HCI) which is accredited by the International Coach Federation (ICF).

We have a passion for helping people reach a happier healthier life with healthier eating, stress, and lifestyle disease management. If you decide to enroll in our program, please bring this form with you to your first session so we know your doctors' restrictions.

YOUR HEALTHY AGING PROGRAM



For patients over 40 who want to adopt a healthier lifestyle and better prepare for healthy aging. Prevent or manage chronic health conditions, improve nutrition, lower stress, shift to healthier habits which will help you lower your health bills in the long run.

Our Laureavida Wellness Healthy Aging Signature program:

- Educates on:
 - Optimum Nutrition for aging clients
 - Nutrients and Supplements
 - Exercise / movement
 - Stress Management and work-life balance
 - Self-care and other important lifestyle habits
- Is designed from optimum success to:
 - Identify your drive / motivation factors for change
 - Identify your support system or help you create one
 - Manage and overcome self-sabotaging behaviors and/or low self-esteem issues

YOUR PROGRAM OPTIONS:

INDIVIDUAL SESSIONS:

- Dedicated Certified Life and Health Coach in each session
- Sessions are 50 mins with a 12-week commitment to ensure your lifestyle changes have become your new “normal” and ensure success
- Sessions can be in person at 2850 Johnson Ferry Road, suite 200/250 in Marietta GA 30062 or online via FaceTime, Zoom, or WhatsApp

GROUP SESSIONS:

- Sessions are 90 mins with a 12-week commitment to ensure your lifestyle changes have become your new “normal” and ensure success
- Groups are kept small for maximum success and have 5-8 people
- Sessions can be held at 2850 Johnson Ferry Road, suite 200/250 in Marietta GA 30062 or virtually with an online group

Call us today at 404-308-0893 or email us at laureavidawellness@gmail.com for your free assessment and discussion on the best plan for you and pricing

PHYSICIAN'S CORNER / ADMINISTRATIVE:

Doctor Name: _____ Patient Name: _____

- Is the patient under any dietary restrictions due to medication or else: YES NO
If yes, please provide details: _____

- Is the patient on Blood-thinners: YES NO
Medication and dosage: _____

- Appropriate level of physical activity: LOW MODERATE NO RESTRICTIONS
If low or moderate, please provide more information: _____

Date: _____ Health Practitioner Name: _____ Signature: _____