

Pearl Package

Pearl Stay Healthy & Balanced Package is designed for someone who has a busy lifestyle and may not have time for regular telephone coaching sessions. This is a **self directed program** for individuals who like to use the internet regularly.

The program includes:

Comprehensive Intake Session (Additional charge)

Months 1-3 structured weekly email exchanges

Unlimited email access

Hand selected articles and resources from my library

Internet based personal training program

Our state of the art Health Portal contains a number of multimedia materials designed to inform and support you

Take the first step and sign up for a free coaching session to explore your options and see how Health Coaching can help you. Contact Dr. Monica Traystman: phone: 858-245-0422 or email: healthcoach2010@gmail.com