

Together Toward Health VIP Wellness Packages

Imagine feeling good and looking great



Enjoy a healthy glow and vibrant metabolism. Feel revitalized and renewed! Combine the undeniable strengths of a healthy lifestyle and functional medicine through weekly, one-hour personalized wellness sessions designed with two of the best healthcare professionals around. It's a powerful collaboration designed just for you!

This healthcare system will actually help you feel good and focus on what matters most to you.

Promote a healthy heart, digestion, immune system, and hormonal balance through food selection, breathing, movement, and stress management. Enhance these with the proven benefits of herbal medicine, acupuncture, and related therapies.

The path to change can be daunting. To ensure your progress toward feeling good and looking great, these packages offer you a roadmap with support for navigating change. Engaged in a responsive therapeutic partnership, we'll work together to develop and execute an appropriately challenging and empowering plan.



When you have the information, tools, treatments, and motivation, you will succeed in achieving your health goals. Our health packages are developed from over twenty years of clinical experience and comprehensive family care.



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Licensed Acupuncturist and
Eastern Medicine Practitioner
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Integrative Nutrition Health Coach
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Offices at the
Celo Health Center and
Yancey Counseling Center
10 North Main Street in
Burnsville, North Carolina

Choose a VIP Wellness Package that fits your health goals

The Three-Month Package: \$1,440

If you are already moderately healthy and want to maximize your wellbeing, this package focuses on corrective care and wellness maintenance.

- One 60-minute gateway comprehensive health history review with Margot and Geraldine
- An integrated wellness plan designed specifically for you
- Two 50-minute integrative nutrition motivational coaching sessions per month with Geraldine
- Two 50-minute functional medicine treatments per month with Margot
- One private 50-minute *Come Shop with Me* grocery store visit
- Tele-consultations and e-mail check-ins between visits for clarification
- Vetted resources: book titles, podcasts, online videos, handouts, and more
- Recipes and healthy kitchen guidelines

The Six-Month Package: \$2,585

If you have a chronic health issue, whatever it may be, this plan focuses on relief *and* corrective care, in addition to wellness maintenance.

- One 60-minute gateway comprehensive health history review with Margot and Geraldine
- An integrated wellness plan designed specifically for you
- Two 50-minute motivational coaching sessions per month with Geraldine
- Two 50-minute functional medicine treatments per month with Margot
- One 5-minute *Food for Thought* HypNeuroTherapy session added to each visit with Margot
- One 30-minute check-in with Margot and Geraldine, around month four
- One 55-minute session of your choice with Geraldine or Margot:
Let's Make a Meal; Pantry Makeover; Up, Up and Away – Self-Care while Traveling; Thai Yoga Massage; – Digestion Session; The Gall of It – Liver Support; Under Pressure – Stress Relief; Mighty Immunity
- One private 50-minute *Come Shop with Me* grocery store visit
- Tele-consultations and e-mail check-ins between visits
- Vetted resources: book titles, podcasts, online videos, handouts, and more
- Recipes, meal plans, hands-on demonstrations, and healthy kitchen

Limited spaces available. Call us to get started.