



Contact: kstempelhealth@gmail.com

Kate Stempel

Bachelor of Science, UNH
Integrated Nutrition Health Coach, CHHC
Institute of Integrative Nutrition

I am a supportive mentor and accountability partner who can help empower you to be the best version of yourself. I believe in bio-individuality and that every body is unique. No ‘one size fits all’ diet plan works, and I can help you look and feel your best through individualized food and lifestyle changes. I support intuitive eating, and listening to your own bodies natural cues on when and what to eat. I will help you get unstuck and build forward momentum to achieve your weight, health and life goals.

The greatest gift you can give yourself is a healthy and happy you!

| 1 30 min session | Pack of 3 30 min sessions (5% discount) | Pack of 6 30 min sessions (10% discount) | Pack of 9 30 min sessions (15% discount) |
|------------------|---|--|--|
| \$95.00 | \$271.00 | \$513.00 | \$728.00 |

