

3-month 1:1 Coaching Package

(can pay in full or with monthly payment plan)

This package includes 1:1 health coaching sessions with Jamica McClammy, PT, MPT, CEAS, CHC that occur via Zoom once a week for 8 weeks then every other week during the last month. Session duration is 45 minutes.

Clients will receive weekly check-ins as needed and can track their metrics/goals in the Healthie client portal. Cost is \$1,000; Option 1 is pay in full and Option 2 is a monthly payment plan. One session will need to be booked at time of booking as well.