

# 1:1 Introductory Session for just \$40

at Radiantly Healthy MD



Unlock your Best Self with our Health Coach. Stress Management, Improved Sleep Quality, Tailored Nutrition Plans, Effective Exercise Routines.

Coaching benefits: Boosted Energy Levels, Enhanced Stress Resilience, Sustainable Weight Management, Quality Sleep for a Refreshed you!

**Terms and Conditions**  
Mention Natural Awakenings

Exp: May 31, 2024