



FREE Wellness Consultation



As a Foundations Family Law client, you're invited to a complimentary 30 min Wellness Consultation. As a Licensed, Board-Certified Registered Nurse, multiple award-winning Nationally Certified Health and Wellness Coach, and leading women's health and nutrition expert, Kristen is here to help you achieve your best health. Together, you'll focus on your physical, mental, and emotional well-being—so you can feel better, live better, and upgrade every aspect of your life.

DURING THIS CALL WE WILL...

- ✓ Talk about your current wellness routine, and where you feel like you're getting stuck.
- ✓ Clarify your wellness and health goals.
- ✓ Go over the components of my 4M Framework™, a completely customized nutrition, movement, vitamin/supplement, and all-encompassing wellbeing plan.

YOU'LL LEAVE WITH

- ★ A clear picture of how a customized wellness plan could help you reach your goals.
- ★ Free recipes and a ready-to-use shopping list—a taste of the personalized support and practical tools you can expect as a client.

Book a discovery call with FFL to unlock this perk

