



If interested, contact me by phone or email:

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forpaincontrol.net**

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## **WHAT IS A NURSE COACH?**

Nurse coaches guide people to make better choices, enabling them to gain control over their health and well-being. In turn, clients can live happier, longer lives.

## **WHO AM I?**

My name is April Palmer MSN, RN, NP, FNP-BC, NC-BC. I have 15 years of experience as a Registered Nurse and almost 5 years of experience as a Pain Management Nurse Practitioner. I am a Board Certified Nurse Coach, and I am ready to help you make your desired lifestyle changes so that you can live your best life. I look forward to supporting you in setting your goals, finding ways to reduce your pain, and working along with you to make healthy lifestyle changes.

**Single Session Pass: \$100**

### **Session Packages:**

- 4 sessions: \$375
- 6 sessions: \$550
- 8 sessions: \$725
- 10 sessions: \$900

**\*Sessions are 1 hour in duration and can take place in-office or virtually**

### **Coaching areas include:**

- Nutrition
- Exercise and movement
- Weight management
- Environmental wellness
- Life balance/satisfaction
- Spiritual wellness
- Mental wellness
- Emotional wellness