

Hope and Healing with Kim

THE HOPE & HEALING RESET SESSION

A personalized starting point for women who are ready to better understand their health, feel supported in their journey, and create meaningful change in the **mind, body, and spirit**.

What's Included

- **Initial Evaluation: 90-minute comprehensive wellness and lifestyle assessment.**
- **Mind, Body & Spirit:** A whole-person approach that considers physical wellness, emotional well-being, mindset, stress, lifestyle, personal values and spirituality.
- **Functional Health Education:** Education designed to help you understand your health information, recognize patterns and become an active participant in your wellness journey.
- **Personalized Wellness & Nutrition Plan:** A **30-day personalized plan** with practical wellness and nutrition recommendations.
- **Root-Cause Exploration:** An educational review of possible contributing factors and patterns connected to your symptoms and health goals.
- **Supplement Education & Guidance:** Education about supplements and how they may fit into your wellness plan, with encouragement to review decisions with your licensed healthcare provider.
- **Written Session Summary:** A detailed written summary following each session.
- **Lab Education:** A comprehensive educational protocol to help you better understand lab findings and prepare questions for your healthcare provider.
- **Journaling Tools:** Food, mood and lifestyle journaling tools to help identify patterns and support awareness.
- **Provider Collaboration Support:** Educational recommendations and wellness information to support collaboration with your licensed healthcare provider.
- **Professional Supplement Dispensary: 35% discount** through a professional supplement dispensary.

Investment: \$397

Optional Add-Ons

- **Ongoing Support — \$75/month:** HIPAA-compliant messaging portal access through Practice Better for in-between-session support.
- **ASEA:** Optional monthly subscription to ASEA products, if appropriate for the client.
- **Laboratory & Functional Testing:** Access to available testing at wholesale pricing.
- **Comprehensive LabCorp Panel:** Optional laboratory panel with an educational functional health report.
- **Additional 45-Minute Coaching Session — \$225.**

Meet Kimberly

Kimberly Melillo brings **25 years of nursing experience** and a compassionate, personalized approach to her work as a Functional Medicine Health Coach. She believes in meeting women exactly where they are on their health journey and creating a safe, supportive, judgment-free space where they feel heard, valued and understood.

Kimberly helps women who feel overwhelmed by chronic symptoms explore possible root causes, restore hope and take an active role in their wellness journey. Her approach looks beyond symptoms alone, honoring the **whole woman — mind, body and spirit**.

Combining evidence-informed wellness principles, functional health education and Kimberly's intuition, she listens deeply to each client and helps them identify patterns, gain clarity and recognize what they may need most right now. Through education, encouragement and individualized guidance, Kimberly empowers women to make meaningful changes, reconnect with themselves and move toward greater wellness, vitality and confidence — while holding onto the belief that **healing is possible**.

Educational Disclaimer: Hope and Healing with Kim provides health coaching, wellness education and support. Services are educational in nature and are not intended to diagnose, treat, cure or prevent disease or replace medical care. Clients should consult their licensed healthcare provider regarding diagnoses, medications, supplements, laboratory testing and treatment decisions.