

# Resiliency Reset



GREEN MOUNTAIN  
HOLISTIC HEALING  
ACUPUNCTURE | MASSAGE | REIKI

## The 9 Week Nutrition & Holistic Health Group Program

This holistic health and nutrition program is designed to help you sustainably feel your best! Through this supportive group program, you will learn what YOUR body needs to **function optimally**, to **heal**, and to give you all the energy you need to **live your best life**.

Uncover foods, nutrient deficiencies, and other blocks that may be dragging you down, causing inflammation, weight gain, hormone imbalances, decreased mental function, mood disorders, low energy, and many uncomfortable or bothersome...even painful symptoms or conditions that many consider "normal" or just a part of aging.

This 9-week program is focused on gut health and optimized digestion, immune system support and inflammation reduction, detoxification support, and the mind-body connection.

In this program, you will work closely with Catie in a weekly group session and in 1:1 sessions (if chosen as your group tier option). All participants will receive guidance for dietary adjustments (including a food elimination process), herbal medicines, and high-quality supplements; recipes, meal plans, dietary tracking app guidance (if desired), and many additional handy tools to help you succeed. Lifestyle and mind-body practice support will also be included.

Group sessions include dedicated time for instruction and time for group sharing, questions, guidance, and general support along the way.

**Catie Winters M.S. CNSc**  
**Certified Nutritionist and Herbalist**

*Unlock the power of  
community!*



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The 9 Week Nutrition & Holistic Health Group Program

**Resiliency Reset includes 9 weekly in-person group sessions held at Green Mountain Holistic Healing and access to the online course curriculum to help guide you throughout this powerful journey together.**

These group meetings will take place on Wednesdays at 5:30 pm starting October 9th. The immersive course curriculum will include weekly dietary and lifestyle adjustments, a variety of helpful personal health assessments, and general herbal + supplement support.

## Choose Your Course Tier

Design your own nutrition journey by choosing the tier that aligns with you and your journey

### STANDARD

weekly group-based support

- Access to online course
- 9 weekly group meetings
- General herbal + supplement suggestions

\$300 if paid in full  
\$350 if paying monthly

### PREMIERE

turn it up a notch

- Access to online course
- 9 weekly group meetings
- 1:1 90-minute initial intake session
- Nutrition assessment
- Custom herbal formulas + custom flower essence formulas
- Professional level supplement recommendations
- Current lab review and functional or conventional lab orders (fee for labs not included)
- 1:1 End of program session - providing support for transition into personalized maintenance plan

\$575 if paid in full  
\$625 if paying monthly

### ULTIMATE

total transformation

- Access to online course
- 9 weekly group meetings
- 1:1 90-minute initial intake
- Bi-weekly 1:1 30-minute follow up sessions
- Nutrition assessment
- Custom herbal formulas + custom flower essence formulas
- Professional-level supplement recommendations
- Current lab review and functional or conventional lab orders (fee for labs not included)
- Additional assessments and recommendations
- 1:1 end of program session - providing support for transition into personalized maintenance plan

\$750 if paid in full  
\$800 if paying monthly