

Coaching

What Should You Expect

Appointments with The Wellness By Design Project typically begin with Carol getting to know you, and a chance for you to get to know Carol!

Every initial visit with the Carol begins with a consultation, in order to accurately understand your issues. If Carol feels that additional testing or labs are necessary she will get those ordered.

At the follow-up appointment, we will discuss your current condition and your goals, take a look at the overall results, and provide you with a plan to achieve your goal. Together, we will come up with a treatment plan specifically for you, and answer any questions you might have regarding your health care.

If you have any further questions, please [contact us](#) today!

1-1 Coaching Support

With 27 years of experience in bio-identical hormone therapies, attending 100's of complementary medicine conferences, writing and editing two newsletters, reading and researching staggering numbers of books and scientific papers, co-hosting Take Charge of Your Health at WBAI radio, and in practice with a compounding pharmacy specializing in bio identical hormone therapies I am grateful to have access to so many resources for healthy living. I am reaching out to my baby boomers and beyond to come along with me to explore aging gently with vitality and exuberance.

My passion to optimize health and commitment to compounding is

evident in my involvement with organizations including the International College of Integrated Medicine and the American College of Apothecaries. I am also the founder and first chair for the Compounding Special Interest Group with the American Pharmacists Association.

Consultation

The one-hour consultation with Carol Petersen includes a review of what is happening right now, a written recap, and personalized suggestions for going forward. **\$250**

[Book Now!](#)

Comprehensive

The one-hour consultation, review of the questionnaire, a review of recent test results, a personalized written plan, and three months coaching. **\$700**

[Book Now](#)

Initial Consultation

Get a 15 minute consultation with Carol! She has written content for Women's International Pharmacy, WorldHealth.net, along with many others. **\$50**

[Get Yours!](#)

Follow Up Consultation (15 min)

More questions? If you need to connect after a [consultation](#) or finishing the [comprehensive](#) coaching, use this opportunity

to check in with a short visit. **\$70**

[Follow Up!](#)