

FLOURISH

STABILIZE • OPTIMIZE • FLOURISH

COACHING REFERRAL

You've been referred to Flourish Method.

Your physician thinks weekly 1:1 coaching on nutrition, strength, sleep, and recovery could help, alongside the care you already receive. Your physician stays in charge of your medical care.

WHAT COACHING COVERS

- Nutrition coaching and habits
- Strength training (ARX in studio, or a home or gym plan)
- Body composition tracking (seca, in studio)
- Sleep, stress, and recovery
- Weekly accountability

WHAT IT DOESN'T DO

- Diagnose or treat any condition
- Prescribe or adjust medication
- Interpret lab results
- Recommend supplements

Medical decisions stay with your physician.



HOW TO BOOK

Scan the code, or go to **flourishmethod.com** and choose **Start**, to book a free consult. Mention the physician below.

Questions: (814) 380-2949 · ben@flourishmethod.com

Studio: 270 Walker Drive, Suite 308, State College, PA 16801. Coaching also runs online anywhere in the US.

REFERRING PHYSICIAN

Practice

Date

Flourish coaching is not medical care. It does not diagnose, treat, or cure any condition, and it does not replace the advice of your physician. Medical services offered through Flourish are provided by licensed physicians of HLY Medical Group PA via telehealth. Please don't write health details on this note.