SUSAN EARL FUNCTIONAL HEALTH

The 16-Week Cardiovascular Prevention Program

Information pack · Susan Earl, RN · 43 years in cardiology and emergency nursing

What it is

Sixteen weeks of health coaching and education, with eight sessions of 60 minutes, one pathway per session. Cardiovascular health and prevention lead, then energy, metabolism, gut, hormonal, cognitive health, stress and sleep in an order that fits you.

What is included

- Eight sessions of 60 minutes across 16 weeks
- One pathway per session, with cardiovascular health first
- Check-ins and email support between sessions
- All eight pathway education sheets
- A written personal plan you keep

Two tracks

Track A, prevention: for lowering risk and building habits that hold up. **Track B, living with cardiac disease:** everything in Track A, plus a written summary you can share with your cardiologist, supporting your medical care rather than replacing it.

Options and prices

Free 5-minute clarity call	**Free**
Root-Cause Assessment, one 60-minute session	**$488**
Optional 30-minute follow-up, after the assessment	**$300**
16-Week Cardiovascular Prevention Program, eight 60-minute sessions	**$1,997**
90-Day Recheck, one 45-minute session, or four prepaid	**$300 / $1,200**

Paid in full by credit card at booking. Scheduling and payment happen on Susan’s booking site.

Who it is for

Adults who have been told their numbers look fine but do not feel like themselves, who want to understand why and are willing to change a few daily habits. Not for anyone seeking a diagnosis, treatment or a prescription, or needing someone to manage a medical condition.

Scope

Susan Earl, RN, offers health coaching and education under the teaching and counseling component of registered nursing practice in North Carolina. This is not medical care, diagnosis or treatment. Susan suggests which lab work to discuss with your provider and assesses your results with you. For medical concerns, contact your healthcare provider. For anything urgent, call 911 or your local emergency number.

Questions: susanearlfunctionalhealth@gmail.com