

# Carol Gardner

R.N., MS



*A passionate health practitioner with a variety of approaches, Carol Gardner is a gifted coach - assisting women in the discovery of their inner strength, to*

*support a life of optimal health, vitality, and deep sense of inner peace.*

*"As a Health Coach I offer a positive, supportive environment that nurtures the client's growth, development and achievement of their goal for a sound, vital and fully functioning mind and body."*

*Carol is a Licensed Registered Professional Nurse with a Masters of Science Degree in Health Services Management. She is also a Level 3 Healing Touch and Reiki 1 practitioner.*

*She has extensive studies in Holistic Medicine and Complementary Therapies including the Omega Institute, Wellness and Preventative Medicine, Environmental Medicine, and Mindful Meditation.*

*Carol is also currently in the process of completing her Circle of Life Mind/Body Health & Wellness Coaching Certification.*

Carol Gardner is a practitioner with **Chrysalis of Troy.**

**Chrysalis of Troy** is a center for healing and transformation located in downtown Troy.

For more information on their wide range of therapies, visit [www.chrysalisoftroy.com](http://www.chrysalisoftroy.com)



**Carol Gardner, R.N., MS**

**WOMEN'S  
HEALTH & HEALING**



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[www.womenshealthandhealing.com](http://www.womenshealthandhealing.com)

- Individual Health Care Counseling
- Seminars and Workshops
- Personal Wellness Coaching

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# Connecting Mind, Body and Spirit

## Individual Health Care Counseling

- Menopausal Issues
- Weight Reduction and Maintenance
- Chronic Illness:
  - High Blood Pressure
  - High Cholesterol
  - Arthritis/Diabetes
  - Chronic Fatigue
- Carol is committed to working with your Primary Care Physician
- Loss and Grief Recovery including loss of spouse, divorce, and empty nesters.



## Seminars and Workshops

- Spirituality and Wellness
- Living With Chronic Illness
- Stress Management
- More Than Surviving Cancer
- Everyday Money Management
- Seminars tailored to your specific organizational needs

## Personal Wellness Coaching

- Coaching for Athletic Events
- Nutrition and Holistic Health Assessments
- Customized, Personal Health Plans

For more information, visit  
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# Transforming and Transitioning