

Are you struggling with stress, the ability to focus, listen, sleep, anxiety, fatigue, or depression?

HeartMath could be for you!

# Introducing



At Westminster Medical Clinic



Stacey Hammond, M.Ed.  
ACE Certified Health Coach  
Certified HeartMath Practitioner

## What Is HeartMath?

*HeartMath is an evidence-based program that scientifically monitors your emotional and physical health. In our HeartMath program you will learn more about your emotional and physical health, how to use the program, and techniques and tools to improve your health.*

## Benefits

**Improvements in mental & emotional well-being in over 5,500 people in just 6-9 weeks using HeartMath training and technology**



- 50% drop in fatigue
- 46% drop in anxiety
- 60% drop in depression
- 24% improvement in the ability to focus
- 25% improvement in listening ability
- 30% improvement in sleep

## HeartMath Sessions

\$29/ 30 minute visit

## HeartMath + Health Coaching

\$39/ 1 hour visit (pre-paid)

\*Learn about nutrition, exercise, and emotional-physical health all in one!

**\*Inner Balance  
Devices  
Available for  
Purchase at  
WMC**

