Nursing Current



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Summary

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Description

Helping You to Establish Healthy Habits to Last a Lifetime - Counseling. Coaching. Consultation.Using evidence-based practice to help you to become your healthiest self. Since 2014, I,Äôve been helping my patients understand how to optimize their health by developing a deeper understanding of their habits and lifestyle choices. In my webinars, private sessions, and clinic sessions, I aim to integrate evidence-based nursing and medicine with nutrition, exercise, stress-management, and rest in order to elevate your well-being and celebrate all aspects of your true self. Let me help you to take charge of your own health.Candice Elam - Nurse Practitioner