

Karen Bennett BScN, RN

PRIVATE HEALTH COACH

Bring your doctors orders and recommendations and I will help you create a sustainable plan that has you feeling better with measurable results your doctor will be proud of.

- HSA/FSA eligible
- Nurse lead
- Privacy and HIPAA compliant

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MY SERVICES



Cardiovascular Health

High blood pressure reduction, heart conditions, lung ailments, heart disease. cholesterol



Stroke Prevention and Recovery

Learn from a stroke survivor and health coach, what you can do to prevent another. BEFAST



Health over 60

Sign up for my 10 steps to Amazing Aging Program. Be in the best health for your legacy years.



ABOUT KAREN

Friendly, support and guidance to empower you to better health while living with chronic disease.