

## ***Welcome!***

Here are some things to know before arriving for your first appointment...

1. Make sure to bring your new client forms filled out.
2. For the first appointment (Health Analysis) it is suggested no dresses or body suits are worn for this visit. The heart rate variability test requires the use of a heart rate monitor strap that is worn around your chest against your skin. Any clothing that would make access to your chest difficult should be avoided.
3. Your initial visit is in two parts - the health analysis and report of findings. This first visit is to collect health information and determine if you are a good candidate for Nutrition Response Testing. The second appointment (report of findings) is to go over what was found in the health analysis, discuss your program and dose supplements.
4. Many of the clients at Caramia Wellness are highly sensitive to perfumes. We ask that you skip the use of perfumes, scented body sprays or lotions during visits.
5. If you need to cancel or reschedule your appointment we ask for 24hrs notice or you will be charged the full amount of your visit fee.

6. Caramia Wellness has two locations

*Tuesday, Thursday, Saturday Appointments*

Mystic Wellness Center

Located at the Haley Brook Plaza

2440 Gold Star Hwy (Route 184) Unit 101 Groton, CT

*Monday and Wednesday Appointments*

34 Saw Mill Drive, Ledyard CT (off Rte. 214)

This location is out of my home so you will be looking for a yellow house with green shutters and a porch on the front.

Please note there are two Saw Mills (a Drive and a Parkway). Make sure you turn onto Saw Mill Drive. Also my home is located just beyond the end of the cul-de-sac on an extension of the street (there will be three mail boxes to the right of the extension). I am the first house on the extension on the right. Please use the front door to enter.

### **Caramia Wellness**

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caramiawellness.com