



# Functional Wellness Minneapolis

Sandra L. Jones RSHom(NA) CCH N.T.P.

ROLFING HOMEOPATHY FUNCTIONAL NUTRITION

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Helping People  
Get Out of Pain  
The Natural Way

Greetings,

I look forward to working with you for your first **Rolfing, Structural Integration** session.

You should have filled out the **On-Line Nutritional Assessment form**. This information assists me in serving you better by understanding any functional digestive barriers to health. What you put in your body is directly linked to how well the body functions. We will work together to get you out of pain and back to the life you want to live.

Please bring the Food Journal with you. We will spend a bit of time understanding how to adjust your food choices (if needed) to maximize your healing potential.

Expect the first session to run between seventy-five to ninety minutes. The first session includes the time needed to get your complete health history understood and to do a structural pattern assessment.

I work with clients in their underwear, but whatever allows your comfort is what will work best.

My office is located in the Shenandoah Wellness Center just east of the corner of 48<sup>th</sup> and Chicago Avenue South. I am in suite #3. Please have a seat in the waiting area and I will be with you shortly.

There is a designated parking lot for the Shenandoah Building just north of the corner of 48th and Chicago. There is also ample street parking in front of the Center.

Payments for all services are due and payable at time of service. I accept cash, check or credit cards. If it is necessary to cancel this initial consultation, please give me as much advance notice as possible. I do have a 24 hour cancellation policy. Most insurance carriers, including Medicare and Medicaid, do not cover my services. Questions regarding services covered or not covered should be directed to your insurance carriers.

Please note that I am a Certified Rolfer, Classical Homeopath and Certified Functional Nutritionist, not a medical doctor.

I look forward to working with you! Drink plenty of water before the session – it helps!

Sincerely,

Sandra L Jones  
Functional Wellness Minneapolis