

*The Berkley Center*  
*For Reproductive Wellness*  
WHERE LIFE FLOURISHES™

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[www.berkleycenter.com](http://www.berkleycenter.com)

Hello! I am Cynthia Stadd, Director of Nutrition Services for the Berkley Center for Reproductive Wellness. I'd like to take this opportunity to orient you for what you may expect from our initial consultation.

This session is primarily a comprehensive intake for me to learn about your medical history, dietary and lifestyle influences contributing to your current state of health, as well as any other physical or emotional health concerns you may have. We will also discuss your health from a different perspective- one that includes your eating habits, relationship with food, self-care routines, exercise and stressors. As a holistic practitioner and trained counselor, I consider many different influences that may be affecting your health before offering recommendations and dietary planning. I hope you will feel relaxed and open to discuss physical and emotional concerns or questions with me.

This initial meeting is also an opportunity for you to get to know me. As I work very closely in partnership with my clients, it is essential that you feel comfortable with this model of healing. Please feel free to ask me any questions about my background, philosophies or methods.

After learning about your history and health goals, we will discuss which nutritional/lifestyle counseling program may be most appropriate for you. I offer a comprehensive six month program, as well as session packages, that are geared for different needs and levels of commitment. At the conclusion of this meeting you will also receive some immediate recommendations to start you in our process together.

Please be sure to download the Health Consultation Intake Form from [berkleycenter.com](http://berkleycenter.com) for you to print, complete and bring to our first session. Filling out this form in advance will greatly maximize our time together.

I look forward to and spending some time with you in the near future. If you have any questions at all, please do not hesitate to call the Berkley Center for Reproductive Wellness at 212-685-0985.

Warmly,

Cynthia Stadd, HHC, AADP  
Certified Holistic Health Counselor