



kamer  
nursing

# health education...



## *diversely tailored* programming...

intended to enrich health-based knowledge as well as inspire greater personal wellness and health promoting behaviours

## *accessible* material...

delivered thoughtfully in comprehensible formats adapted from a passion for learning and a joy for sharing

## *what* does health education consist of...



With the rise of ever advancing technology along with increased access to conflicting information or misinformation and disinformation there is so much chaos and confusion erupting as a result. Because there tends to be gaps in physiological understanding due to vast complexities and multitudinous areas of study it is especially prudent to cultivate skills to help better differentiate for personal empowerment.

Through dedicated health education content and programming specifically tailored, participants can connect to these more complicated topics in a way that is relatable and applicable. For the ultimate goal of the material provided is to foster the awe of taking interest in the miraculous nature of human physiology. As the better resourced someone is, and the more knowledge and understanding they have the more informed they are to make the best decisions for their health and wellbeing.

Content varies from brief informational graphics with descriptions to full immersive programming or in session skills & educational training. Topics range from chronic conditions, ADHD, anxiety, breath, diabetes, women's health, neurodivergence surgical procedures, etc. AND can be customized to your needs.

## *service* options...

*Health education fees range significantly depending on content & delivery methods. Therefore listed fees may differ & additional costs may be rendered however it will always be clearly presented. If there are any questions or concerns about rates, please contact Lori directly.*

### • programmes offered...

in person

online

### • content is delivered in segments...

2 hrs - \$150

4.5 hrs (½ day) - \$200

9 hrs (full day) - \$300

18 hrs (2 days) - \$600

12 wks (100 hrs) - \$1200

customizable - TBD

### • self-directed materials available...

readymade

customizable

### • self-directed content types...

posts - free

infographics - \$10-25

presentations - \$50-250

manuals - \$50-250

PDF handouts - \$25-50

interactive - TBD

*\*Kamer nursing is in its earliest phases of development & therefore content is still in the process of establishment.*

*Please contact Lori with any questions, concerns or to request specific content.*