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to get
started



CLAUDINE J. THORNHILL NUTRITION
Dip. CNM mNNA, mANP

EAT, NOURISH & FLOURISH

Health & Wellness Coaching Programme.

Includes:

6 x 60 minute coaching sessions

Meal plan

Education & guidance on making healthy food choice

*Unlimited text and emails in-between sessions

Accountability partnering, motivational support, challenge and
action focused goal setting.

Coaching is available online and in person (London only). Unlimited
text and emails within office hours. More info:
info@claudinethornhill.com or 07878 989149



LET ME HELP YOU FEEL GREAT!

You don't need to do it alone

I am a qualified Naturopathic Nutritionist and Health Coach who is committed to helping my clients achieve their wellness goals so that they can truly thrive at life.

Whether your goal is to shift the bulge and manage your weight, to feel more energised, to make healthier food and lifestyle choices, to stop overeating or emotional eating or to generally improve your health; I am here to be your support, your guide and your accountability partner.

My mission is to help people, who, like you, are ready for change to feel better, live better and be better. If you're ready for better get in contact.

Learn more about me and my work at
www.claudinehornhill.com