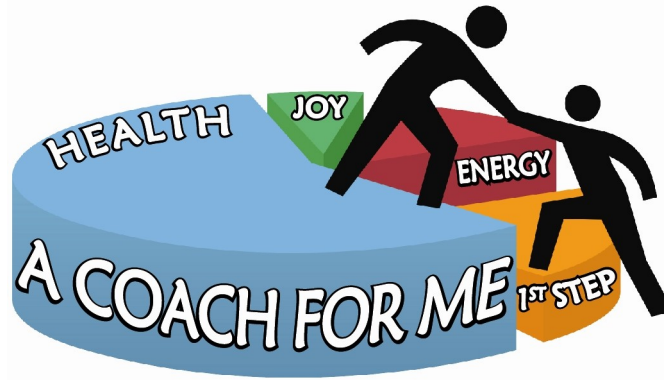


**A COACH FOR ME
YOUR PATH TO HEALTH AND
HAPPINESS**



- Our coaches are trained in nutrition, mentoring, and natural health
- We work one-one-one with our clients to help them reach their goals for a healthier and happier life
- We use the coaching technique that works best for each client, not just "one style fits all"
- We are available by phone or e-mail between visits
- We use eating programs, nutrition, supplements, exercise, and positive empowerment to improve our client's lives
- We give our clients a person they can talk to and feel like they are truly being heard!

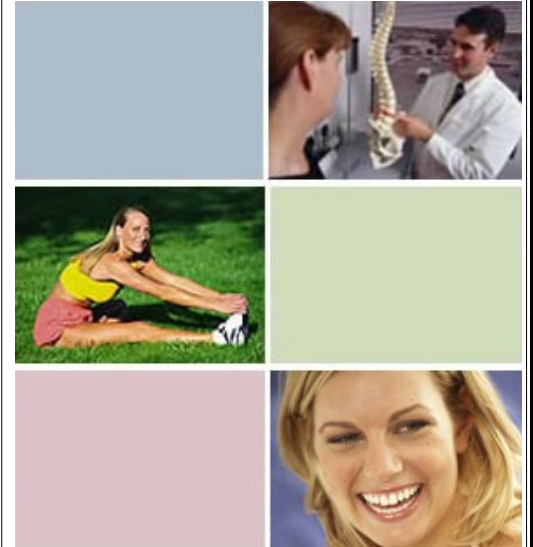


**A COACH FOR ME
YOUR PATH TO HEALTH
AND HAPPINESS**

(888) 565-0169

Oil_lady@vibrantscents.com

**THE
CHIROPRACTOR IS
HELPING ME, NOW
WHAT?**



A Wellness Coach can
help you discover the
next step on your path
to
Good Health

A Coach for Me
Your Path to Health and
Happiness

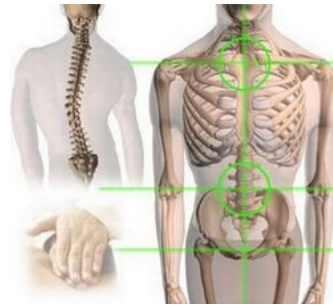
WHAT IS A WELLNESS COACH

- A Wellness Coach focuses on the 5 Elements of Good Health: Physical, Emotional, Social, Intellectual, and Spiritual Health
- A Wellness Coach's main goal is showing their clients that they can have a better quality of life through small, incremental changes in their behavior
- A Wellness Coach is a Mentor, Advocate, Cheerleader, Sounding board, and friend
- A Wellness Coach encourages but never judges
- A Wellness Coach shows their clients how to age with good health, vitality, and a sharp mind



YOU HAVE TAKEN THE FIRST STEP TO GOOD HEALTH

By regularly seeing your Chiropractor, you have made a commitment to improve your health and to live pain free. Chiropractors not only help when we are in pain, but help keep us healthy so we avoid chronic pain in the future. With the help of your Chiropractor, you have made a great start towards living a healthier and more energetic life!



THE NEXT STEP TOWARDS A HEALTHIER YOU

A Wellness Coach helps you improve all 5 Elements of Good Health. Your Wellness Coach will work with you to design a program to help you reach your goals of good health and happiness.

Think about what good health looks like to you:

- Is it having the energy to do things with your kids or grandkids?
- Is it losing the 30 lbs that make you feel bad and causes you to need diabetes or blood pressure medication?

- Is it the ability to finally get off all the medication that gives you such bad side effects?
- Is it the feeling that you are healthier and happier now than when you were younger?

Whether you have big or small changes to make to get you to your goal of good health, Your Wellness Coach will show you how to make lasting changes to reach your goal.



A COACH FOR ME

YOUR PATH TO HEALTH AND HAPPINESS

(888) 565-0169