Wellness and Serenity...for You!

Who's caring for you while you care for others?

If you are a Caregiver for:

Family member with a chronic illness or disability
Spouse or partner with failing health
Aging parent(s)

Health Coaching can empower you to care for yourself so you can continue to be a loving and strong caregiver



As a professional Health Coach, I can provide the support you need to achieve wellness and serenity despite life's present challenges

Start caring for yourself while caring for a loved one by calling 331-457-7661 to schedule your complimentary, no-risk coaching session

> Wishes of the Serenity Prayer : Serenity to accept the things I cannot change, Courage to change the things I can, And Wisdom to know the difference.

www.SummersSolstice.com