

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