

Wellness and Serenity...for You!

Is stress affecting your health?

If you are stressed over:

- Work / life balance
- Health issues
 - Career / life transitions
 - Other life challenges

With Health Coaching you can learn techniques to manage and eliminate your stress



SummersSolstice

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

Start managing your stress and improving your health 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