

Weight Wellness...for You!

Is an obsession with your weight or weight loss affecting your health?

If you are struggling with your weight or weight-related health issues...

Health Coaching can support you to develop:

- *The optimal nutrition plan for you*
 - *One you can live with*
- *An appropriate fitness plan*
 - *Tailored for you*
- *Strategies to overcome the challenges sabotaging your best efforts*



As a professional Health Coach, I can help you finally achieve your weight and wellness goals despite life's present challenges

Start truly managing your weight and proactively improving your health by calling 331-457-7661 to schedule your complimentary, no-risk coaching session

www.SummersSolstice.com