



**Health Journey Coaching 4U, LLC**  
**Jeannette Werle, CHC**

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To:

**Jeannette Werle, CHC**

Jeannette Werle is an Integrative Nutrition Health Coach and a loving mother of two. She became a Health Coach to fulfill her desire to work with adults to improve their health and family life.

Jeannette received her training from the Institute for Integrative Nutrition, where she received in-depth training in nutrition, health and wellness, coaching skills, and business development. Jeannette leads workshops on nutrition and offers individual health and nutrition coaching to individuals, families & groups.

Contact Jeannette today for an individual consultation.

Email: [healthjourneycoaching@gmail.com](mailto:healthjourneycoaching@gmail.com)

(937) 286-1444



Health Journey Coaching 4U

**COULD  
ONE  
CONVERSATION  
CHANGE  
YOUR LIFE?™**



**Jeannette Werle, CHC**

Health Coach

[healthjourneycoaching@gmail.com](mailto:healthjourneycoaching@gmail.com)

(937)-286-1444

WHEN WAS  
THE LAST TIME  
YOU TALKED  
WITH SOMEONE  
ABOUT YOUR  
HEALTH AND  
RECEIVED  
THE PERSONAL  
ATTENTION  
**YOU** DESERVE?

## No one diet works for everyone.

As an Integrative Nutrition Health Coach, I am your personal advocate for living an energized and passionate life. I work with my clients to help them create happy, healthy lives in a way that is flexible, fun, and free of denial and discipline. By working together, we can discover the food and lifestyle choices that best support you. Making gradual, lifelong changes enables you to reach your current and future health goals.

Imagine what your life would be like if you had clear thinking, energy, and excitement every day.

It's rare for anyone to get an hour to work on improving their health with a trained professional. Join me for a one-hour health consultation to discuss your unique situation and determine how I can help you reach your personal goals. I am here to create a supportive environment while exploring what really works for you.

## FOOD CHANGES EVERYTHING.



## Have you been wanting to:

- Improve your eating habits?
- Understand your body better?
- Make self-care a priority in your life?
- Feel confident in choosing and preparing better food for you and your loved ones?
- Experience an increase in overall happiness in your life?

## Welcome to your program.

Your personalized program will radically improve your health and happiness. Together, we'll explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.

### During the course of the program, you will:

- Set and accomplish goals
- Explore new foods
- Understand and reduce cravings
- Increase energy
- Feel better in your body
- Improve personal relationships

## Your program includes:

- Two one-hour sessions per month
- Group seminars and classes covering a variety of health-related topics
- Email support between sessions
- Handouts and other materials
- Food samples and self-care products
- Monthly newsletter

## COULD ONE CONVERSATION CHANGE YOUR LIFE?™

Find out by scheduling a free one-hour health consultation. Contact me at Phone: 937-286-1444 or email: [healthjourneycoaching@gmail.com](mailto:healthjourneycoaching@gmail.com)