



Kelly Wright

Kelly Wright is a Health and Wellness Coach and Registered Dental Hygienist. She is a wife and stepmom of three. She decided to become a health coach to improve their health and family life and enjoys helping others do the same. She enjoys helping others create healthy lifestyles that are fun and attainable.

Kelly received her training at Integrative Nutrition in New York City. She leads workshops on all things health and wellness and offers individual health coaching. She loves helping others realize their true sense of worth and to live an empowered life through that worth.



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Health & Wellness
Coaching

*When was the last time
you talked with
someone about your
health and received
the personal attention
you deserve?*

This may be the chance you've been waiting for. Contact me today for an individual consultation.

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No one diet works for everyone.

As a 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 we explore what really works for you.

Food changes everything.

Have you been wanting to:

- Improve your eating habits?
- Understand your body better?
- Have a better handle on stress?
- 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
- E-mail support between sessions
- Handouts and other materials
- Food samples and self-care products
- A monthly newsletter