



# HEALTHY FAMILIES HEALTHY ORGANIZATIONS HEALTHY COMMUNITIES



## WELLNESS CONSULTING AND EDUCATION

Research shows that healthy lifestyle changes are more successfully made in the context of social support. Skye Wellness creates an atmosphere where participants can build the relationships and support needed to make lifestyle changes. The program emphasizes practical, affordable, sustainable, and enjoyable wellness.

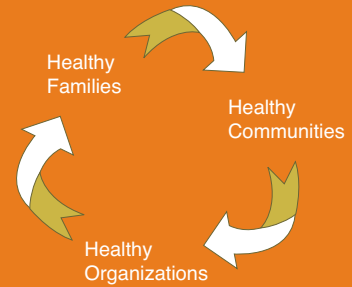
Topics include healthy eating, eating healthy on a budget, family meals and routines, stress management/healthy relaxation, cardiovascular health/diabetes prevention, breast/cervical health, and more.

### PROMOTING WELLNESS BY:

- Identifying needs
- Enhancing strengths
- Implementing strategies
- Encouraging growth

### SERVICES FOR:

- Small businesses
- Community organizations
- Schools
- Churches
- Families
- Individuals



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**Call now for a free consultation!**

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Wellness Consulting and Education

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