

# Rekindle Health

Reframe  
Reclaim  
Reignite



Energize  
from  
inside out.

## RESTORATIVE WELLNESS FOR BODY, MIND, & SPIRIT.

- Have you had enough of all the stressors you've been enduring?
- Are you ready to turn your chronic pain into chronic health?
- Isn't it time you invest in you?
- Are you interested in getting to the root of your health concerns?

What are your questions about how to recover your health and  
revitalize your life for the long haul?

I want to hear from you.

I want to listen to your questions so together we can create a  
customized plan to rekindle your health.

Let's start a conversation where you will feel heard and leave hopeful  
with a plan in hand for a unique-to-you approach to addresses your  
specific needs.