

Wellness is more than diet and exercise Metabolic Health is more important than ever!

Your *Mindful Awareness* is the starting point. It sets the stage for everything else. Small changes add up- start in the center of the wheel and work out- that means starting with **YOU**.



Wellness and health are individual. This process is very individual. Different areas are more meaningful to one person than another...

The wheel provides a roadmap for you and I to craft a custom plan to keep you moving toward your best health.

Call me today- we can talk about your potential! 907 250 5755
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