

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 his/her health with a trained professional. Join me for a one-hour consultation to discuss your unique situation and determine how I can help you reach your goals. I am here to create a supportive environment while exploring what really works for you.

## FOOD CHANGES EVERYTHING



### Have You Been Wanting To:

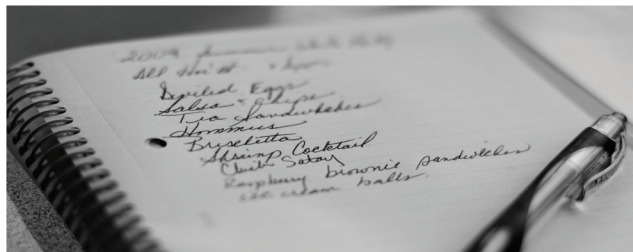
- improve your eating habits?
- understand your body better?
- make self-care a priority in your life?
- feel confident in choosing and preparing better food for you and your loved ones?

“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 strict 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.



“I help smart women learn how to plan, shop, and cook so they can meet the demands of life without crashing midday.”



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

- set and accomplish goals
- explore new foods
- understand and reduce cravings

### Your Program Includes:

- two, one-hour sessions per month.
- group seminars and classes covering a variety of health-related topics
- ongoing email support
- program-specific literature and materials
- food samples and self-care products
- monthly newsletter





## About Kimberly

Kimberly Joy Morgan is an Integrative Nutrition Health Coach, a wife and a loving mother of two. She became a Health Coach to fulfill her desire to work with women to improve their health and family life.

Kimberly Joy 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. Kimberly leads workshops on nutrition and offers individual health and nutrition coaching.

Contact Kimberly today for an individual consultation or to schedule a life changing workshop.

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## Could One Conversation Change your Life?™

- One-on-One Coaching
- Group Coaching (5 or more people)
- Workshops
- Corporate Speaking
- Personal Training
- Online Whole Foods Detox Program
- Online Weight Loss Program

**Where Health and Wellness meet Passion & Purpose**

**Wholistic Health Coaching**