

## What does peak health & wellness look like for you?

- Fit and strong
- At your ideal weight
- Healthy eating
- High energy
- Robust health
- Calm and balanced under stress
- Positive and optimistic state of mind
- Fully engaged and satisfied with life

## What makes a Health & Wellness Coach unique?

Relationships, exercise, career and spirituality are just as important to your health as the food you eat. Health & Wellness Coaches understand this and take a holistic approach to supporting the whole person.

## Aleisha's Story

Aleisha became especially passionate about health & wellness since her own journey began when she was diagnosed with an autoimmune thyroid disorder.

She began to learn new ideas and ways of living a healthier and happier life even though being diagnosed with an autoimmune disorder. Aleisha enjoyed sharing this knowledge she was learning with her friends, colleagues and family. This new-found knowledge is what motivated and inspired her to become a health and wellness coach.

Aleisha's mission is to inspire, educate and motivate her clients to take an active role in their own health & wellness journeys.



**Dakota**  
Natural Health Center

Call Today to schedule your free individual consultation with Aleisha.

701.258.9418  
aleisha@dakotarx.com

*Health & Wellness  
Coaching*

**Aleisha Frohlich**

Integrative Nutrition Health Coach  
Certified Pharmacy Technician

WHEN WAS  
THE LAST TIME YOU  
TALKED WITH  
SOMEONE ABOUT  
YOUR HEALTH AND  
RECEIVED  
THE PERSONAL  
ATTENTION  
*YOU* DESERVE?

**Imagine what your life would be like if you had clear thinking, energy, and excitement every day.**

You'll have the opportunity to talk about your life: what you've always hoped for, dreamed of and the goals you'd like to accomplish for your health and wellness journey. It's an opportunity to be heard and to get a sense of what it feels like to have more support in your life; a cheerleader just for you!

Change is hard and wellness goals are different for everyone. Uncover your "why" and develop strategies needed to achieve lasting, meaningful, and sustainable health changes. Learn to navigate through the obstacles that keep you from choosing health and wellness as a priority.

Health & Wellness coaching supports clients to make step-by-step, easily integrated lifestyle choices and goals.

*"Life is a journey not a destination"*  
- Ralph Waldo Emerson

**Have you been wanting to:**

- Improve your eating habits?
- Reduce stress?
- make self-care a priority in your life?
- Have more energy?
- experience an increase in overall happiness in your life?

Your personalized program will 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 your coaching sessions, you will:**

- Set and accomplish goals
- Increase energy
- Feel better in your body
- Improve personal relationships
- Explore your Circle of Life Wheel
- And so much more as we venture along the journey together

**Interested in beginning YOUR journey to a healthier and happier life?**

**Contact us today to get started!  
This could be your turning point...**

**Dakota**  
Natural Health Center

**701.258.9418**