

## Meet Our Wellness Coach



### Jennifer Wall, LMHP

Jennie is a certified wellness coach and has earned this distinction by completing an extensive training program. Jennie is also a Licensed Mental Health Professional with Continuum EAP. She is passionate about wellness and has focused her own life around building and maintaining a healthy lifestyle.

While Jennie has experienced the benefits of living a healthy lifestyle herself, she has also discovered that being part of another person's transition into a healthier, more balanced way of life is inspiring. Jennie feels that it is a privilege to be able to use her coaching skills to help people achieve their own personal goals of physical and emotional wellness.

***“Wellness coaching is a positive and supportive relationship between the coach and the person who wants to make a change. It is that connection or relationship that empowers the person being coached to recognize and draw on his or her inner resources to make lasting changes to improve well-being.” -- Jennie Wall***

