

The direction you are facing is far more important than where you currently stand on this continuum.

Just because you're not sick doesn't mean you're well.

Just because you have a negative health condition doesn't mean that you can't work towards wellness.

No matter who you are or where you are, there is always something you can do to improve your life.

If you don't intentionally take the time for your WELLNESS, one day you may be forced to take the time for your ILLNESS.

Which direction are you facing?

What are you actively working on to improve your life?

My primary role as a Health and Wellness Coach is to help overwhelmed hardworking parents find peace, joy, and/or balance in life. I enjoy helping people move in the direction of wellness!

Unlock your full potential and give yourself (and your family) the opportunity to learn and grow.

For more information on coaching, where Compassion + Accountability = Transformation

Please visit catalyzingwellness.com

call/text: 757-354-3555

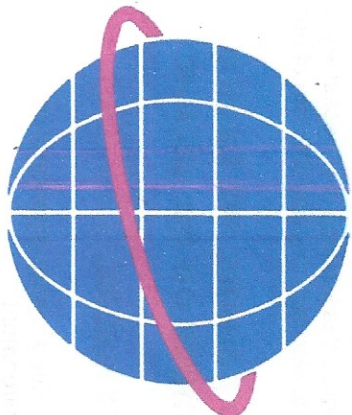
Email: catdavis@catalyzingwellness.com



- For MLS families, be on the lookout for
- free in-person group workshops
 - health and wellness newsletters
 - individual coaching session offerings

How else can I be of service?

A health and wellness suggestion box will be located in Marietta's office for any comments, questions, or concerns relating to you or your family's health and wellness. I will do my best to address these during workshops or in newsletters. Please don't be shy – what you write or inquire about may also help another family.



The Montessori Lab School
proudly supports



providing guidance, education, and encouragement for families interested in working towards better health and well-being during the 2024-2025 school year.

