



Your Be Well Bestie LLC provides coaching support to help women reach their wellness goals using the B.E.S.T.I.E. Approach™ in relation to the 8 pillars of wellness.

Ten 45-minute weekly sessions include:

- Identifying desired focus area to **bridge** gaps
- **Evaluation** of current conditions
- Development of **strategies**
- Formulating **training** practices
- **Integration** of the old and new
- **Encouragement** tools

**8 Pillars of Wellness:** Nutrition, Movement, Mental Wellness, Sleep, Spirituality, Career, Community, Creativity

Lyn Grady is an IIN Integrative Nutrition Health Coach and Wellness Educator introducing concepts to women who are beginning, or resuming, their journey towards wellness. You Can Start Today: A Beginner's Guide to Better Health is her second book. She is the author of the College Girl's guide "Farewell, Do Well, Be Well," helping young women to navigate life on campus in ways that best support their physical and mental health. As a former full-time working live-in caregiver, she is passionate about self-care for caregivers. Her upcoming book, "The Caregiver Must Live" will be released in 2024. Lyn is the founder of Your Be Well Bestie LLC, where she helps women to bridge the gap from where they are to where they want to be by offering tips, tools, and strategies with the care, compassion, and commitment of a "bestie". Focusing on 8 pillars that contribute to overall wellness, Lyn is a firm believer that it is never too late to get on the "path to better."

**Consultation Fee:**

- Free 45-minute initial consultation (In person if local or Zoom)
- 10 weekly sessions = \$3000

**Preferred Clients:**

- Are seen by a medical doctor at least annually.
- Have routine bloodwork and medical testing performed.
- Get annual dental examinations and cleanings.
- Meet with mental wellness professional if there is a history of needing support.
- Are open to alternative healing practices.
- Are willing to establish medical team if they are not presently in place.