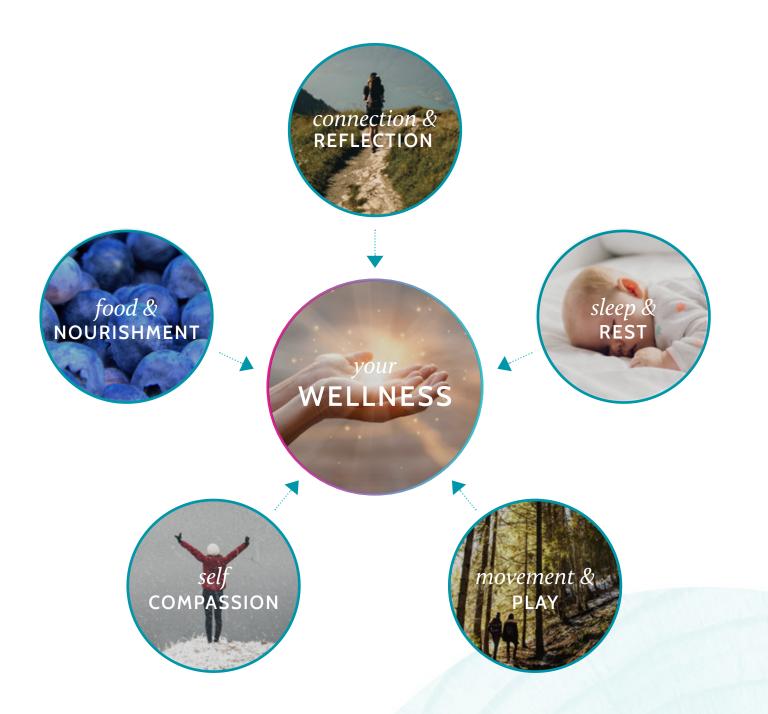


## the WELLNESS WHEEL



The foundation of my work is to co-create balance within you, physically, emotionally and energetically. This includes nourishing digestive health, optimizing immune function, reducing inflammation in the body. Looking at what brings you joy and what creates stress.

Looking at you as a whole, within your environment, and creating balance from that place. Bringing you right with time.

-Leisha Laird