

Other Wellness Offerings

One-on-One Coaching

Special Events

Need a speaker for your annual meeting or company picnic? Perhaps a fun cooking demo or a farmers' market tour for a company outing? We can set up an event that works with your vision and your employees' needs.



whole food nutrition

sustainable change

healthier lives

**YOUR BEST LIFE**
WELLNESS COACHING

CORPORATE WELLNESS
OFFERINGS



**CONTACT MARISSA TO DISCUSS
AVAILABLE OPTIONS & BOOKING**

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MARISSA SZABO, CERTIFIED HEALTH COACH

As a certified health coach, I hold a dual certificate in health coaching from the Dr. Sears Wellness Institute. A family history of obesity and related health issues combined with my own struggles with weight sparked my ongoing passion for health and wellness. My philosophy is that of balance - in order for lasting change to occur, you can't rely on deprivation. I assist clients in improving their eating habits by also addressing underlying factors, such as stress management, environmental factors, physical activity, and self-care. I specialize in making wellness accessible so that it can fit into my clients' busy lives.



WORKSHOPS AND LUNCH & LEARNS

Healthy Eating on a Budget

Healthy eating often gets a bad rep as unaffordable, but, with a few simple strategies, it doesn't have to be. In this workshop, we will cover all of my strategies for eating well without breaking the bank.

Dining Out the Healthy Way

We are a workforce on the go but dining on the go can take its toll on our diets. In this session, I share all of my tips and tricks for making healthy choices when dining out to help participants create their own strategies for healthy eating on the go.

Shaking the Sugar

This fun and interactive workshop explores what sugar does in our bodies, how to avoid it, & how to make healthy substitutes without feeling deprived.

Renewing Your Motivation

Keeping yourself motivated to continue to work towards your health and wellness goals can be challenging in the face of setbacks, busy schedules, and temptations. In this workshop, we will create a solid plan to help keep you motivated and inspired.

Guided Meditation

We will briefly discuss the benefits of meditation and how you can get started on your own meditation practice. We will then end with a 10-15 minute guided meditation. It's a refreshing midday recharge!

All-Day Stress Busting

This workshop explores how stress impacts your body and discusses ways in which you can mitigate those effects by making simple changes from the time you wake up in the morning until you go to bed at night.

