



CREATING A VIBRANT LIFE

Develop new strategies, gain new perspective, learn more about yourself, and renew your commitment to live a vibrant, healthy life!

EAT FOR NOURISHMENT: Understanding your eating habits, learning about the foods that fuel your unique body, engaging your negative self-talk with kindness and compassion and developing new tools to enjoy eating to nourish and fuel yourself.

MOVE FOR FUN: Moving can be fun when we allow ourselves to step out of the “should and have to” cultural paradigm. Rediscover and develop deeper understanding about your bodies need for movement and create a plan that works for you.

CONNECT FOR LIFE: What do you really value in life? For many of us it's relationships, self-care, spirituality, giving, nature, career, or creativity to name a few. Understanding your needs for connection and developing strategies that work for you as an individual makes it much more likely your life will be vibrant and fulfilling. Taking time to reflect, be heard deeply, and explore can support you in living a more meaningful, joyful life.

INTERESTED IN MAKING SOME CHANGES IN YOUR LIFE?

You will have the opportunity to gain clarity, self-responsibility, self-awareness and improve your communication all in a supportive, kind environment.

Call Carol @ 541-389-0831 or e-mail carol@intobalancecoaching.com to set up a 20 minute complimentary consultation. Carol now has office hours at Dr. Lauren O'Sullivan's clinic 1102 NE 4th Street, Bend, Oregon

About Carol: Carol Delmonico is an RN, Professional Life Coach, and a Communication Trainer. She has worked in the healing arts for 23 years. Carol has a private practice helping individuals lead healthier, more connected lives. She also teaches workshops through the Peace Center, has facilitated wellness and communication trainings for Deschutes Public Library, the School District and many MD offices throughout the community. She is married with two children. For more information see www.intobalancecoaching.com

