

HorseSource.org Directory Listing

Wishing Wellness



Connect

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Location

[31001 Willoway Drive SW](http://31001WillowayDriveSW)

[Albany, Oregon](http://Albany.Oregon)

OVERVIEW

For horsewomen who may be suffering from health issues like arthritis, bone or joint pain, muscle cramps/spasms, sciatica, memory loss, brain fog, skin problems and/or digestive disorders. If your passion and desire is to do what you love, to ride with ease and confidence, but seem to lack the energy, vitality and agility to do it like you used to, want to or need to, I can provide simple, effective nutritional guidance and support for your body, mind and soul to regain it. When was the last time you talked with someone about your health and received the personal attention you deserved? Could one conversation change your life? Staying healthy equates to more time in the saddle! It's rare for anyone to get an hour to work on their nutrition and goals with a trained and professional Certified Health Coach.