



Giuseppina Miller

Giuseppina is a Certified Health Coach and loving mother of three and has been a part of the Solaris family for 4 years. She decided to become a health coach to fulfill her passion of working with people, children and parents to improve their health and family life.

Giuseppina received her training at Integrative Nutrition in New York City. She is certified by the American Association of Drugless Practitioners and has obtained Continuing Education Units from Purchase College, State University of New York. She leads workshops on nutrition and offers individual health and nutrition coaching to anyone ready to make a change.

*Make an appointment with Giuseppina today and feel better tomorrow!*



201 Veterans Road  
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# Be Well

Education, Motivation, Support



## Certified Life Coaching

When was the last time you talked with someone about your health and received the personal attention you deserve?



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[www.solarisclubs.com](http://www.solarisclubs.com)



I can help you make healthy transformations without changing who you are, stop thinking of being good and bad when you are eating and to recognize that we can make simple changes to our diet to have amazing energy and even come to your natural weight. Being healthy is an attainable goal.

You know how most of us don't have enough time to cook and constantly running and feeling tired all the time - how would you like to learn how to eat on the run, on the go and how to prepare quick meals to stay energized all day long.

Are you tired of having to read diet books and go through the grocery store and feeling guilty if you don't go to the farmers markets - let me help you navigate and schedule your breakthrough session with me today!

### *INDIVIDUAL*

- Twice a month sessions (60 minutes)  
\$100 per month
- Once a week (4 sessions a month)  
\$170 per month - (15% savings)
- Twice a week (8 sessions a month)  
\$300 per month (25% savings)

### *GROUP*

- Twice a month sessions (90 minutes)  
\$50 per month
- Once a week (4 sessions a month)  
\$80 per month - (20% savings)
- Twice a week (8 sessions a month)  
\$150 per month (40% savings)

### *Have you been wanting to:*

- \*Improve your eating habits?
- \*Understand your body better?
- \*Make your self-care a priority?
- \*Feel confident in choosing and preparing food for you and your loved ones?
- \*Experience an increase in overall happiness in your life?

### *Welcome to Your Program.*

Your personalized program will radically improve your health and happiness. Together, we'll explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.

- \*During the course of the program you will:
- \*Set and accomplish goals.
- \*Explore new foods.
- \*Understand and reduce cravings.
- \*Increase energy.
- \*Feel better in your body.
- \*Improve personal relationships.

### *Your Program Includes:*

- \*Two, one-hour sessions per month
- \*Group seminars and classes covering a variety of health-related topics
- \*E-mail support between sessions
- \*Handouts and other materials
- \*Food samples and self-care products
- \*A monthly newsletter



### *No one diet works for everyone.*

As a Health Coach, I am your personal advocate for living an energized and passionate life. I work with my clients to help them create happy, healthy lives in a way that is flexible, fun, and free of denial and discipline. By working together, we can discover the food and lifestyle choices that best support you. Making gradual, lifelong changes enables you to reach your current and future health goals.

### *Imagine what your life would be like if you had clear thinking, energy, and excitement every day.*

It's rare for anyone to get an hour to work on improving their health with a trained professional. Join me for a one-hour health consultation to discuss your unique situation and determine how I can help you reach your personal goals. I am here to create a supportive environment while we explore what really works for you.