

# MEET YOUR COACH, CJ BENNETTER

## Hello There!

I'm CJ, Integrative Nutrition Health Coach and a loving mother of one. After going through a health scare of my own, I was introduced to the world of Functional Medicine where everything finally made sense. I became a Health Coach to help get the information I have learned out into the world, and fulfill my desire to help others improve their lives through integrative nutrition and holistic wellness.

I received my training from the Institute for Integrative Nutrition, where I received in-depth training in nutrition, health and wellness, coaching skills, and business development. I have also received additional training at the School of Positive Transformation where I studied mindfulness and positive psychology, and I will become board certified through the NBHWC by the end of 2024. I truly do love to geek out when it comes to holistic health, and stay as up to date as I can on the most recent research and health trends.

I currently lead workshops on nutrition and offer individual health and wellness coaching to people of all ages across the country. Are you looking to reclaim your health and are looking for someone to hold you accountable to your goals? Or maybe you just want to become more in tune with your body, as well as learning some tips and tricks to become the best version of yourself? Contact me today for a FREE Health History consultation. During this consultation, I dive a little bit deeper to see what areas I may be able to help you improve on. If you have any questions regarding my program please do not hesitate to ask! I look forward to accompanying you on your wellness journey!



Best,  
CJ Bennett