

## CLIENT TESTIMONIAL

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*CJ is the most supportive coach. She encourages healthy eating habits but, never shames when you don't achieve your plan. She gives you ideas on how to get back on track. Challenges you to try new, out of the box ideas, anything to get you to experience a new way of healthy living. Highly recommend her.*

*-Beth T.*

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CONTACT CJ FOR A  
FREE CONSULTATION

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(516) 359-1259  
WELLNESSWITHCJIB@GMAIL.COM

*I'm so grateful for the lifestyle changes I've learned from CJ. She has helped me reach my goals that I've struggled with on my own! Along with supporting and keeping me accountable throughout my journey, she has shared great knowledge on health and wellness that's made me understand my health even more! Since working with her I've lost my stubborn weight and gained so much more energy and confidence.*

*-Serena B.*

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*CJ is an exceptional wellness coach, whose expertise and dedication shine through in every interaction! Her extensive knowledge and passion for holistic health was evident at the recent wellness night she hosted, where she helped us with insightful tips and practical advice. CJ's warm and approachable demeanor made everyone feel comfortable and engaged, fostering an environment of support, healing and motivation. Her ability to tailor her guidance to individual needs was particularly impressive, ensuring that everyone left feeling informed and inspired. Overall, CJ's event was a testament to her incredible skill and genuine commitment to helping others achieve their wellness goals.*

*-Angela C.*