



Wendy Yurgosky
CHHC, CLTC, AADP

is a Certified Holistic Health Counselor, Long Term Care Specialist, and is certified by the American Association of Drugless Practitioners. Long before she went through her extensive studies at the Institute of Integrative Nutrition in NYC her grandmother taught her how nature's bounty could relieve illnesses. The culmination of the concern for our nations future health, loving to cook, and eat unprocessed food has lead her to educate as a Certified Holistic Health Counselor. Wendy's education has equipped her with a deep knowledge of nutrition, health counseling, the importance of preventive care and having balance in life. Drawing on her education and experience she works with clients to make sustainable dietary and lifestyle changes that will give lasting results not through deprivation but with education.

Services:

- Individual Health Counseling
- Group Health Programs
- Health and Nutrition Workshops
- Culinary Demonstrations
- Food Foraging Tours
- Guided Hikes

Could one conversation change your life?

- Reduce stress
- Increase energy
- Loose weight

908-672-6510

www.BalancedHealthNaturally.com



Holistic Health Counseling

Making sense of life and health through
Nature

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