



Full On Life

COACHING & NUTRITION



Embrace You. Eat Well.

Nourish all of you. Love food. Live Life. Have Fun.

End your struggle so you can reclaim joy, sense of purpose and ease.

Live without thinking about food and weight all the time.

Let's talk about food.

Has food taken over your life? Are you tired of counting points, obsessing about calories, portions, the number on the scale?

It is possible to eat the food you love without guilt and fear. When you experience mindful eating and nutrition from a place of self-love and compassion, chronic eating just won't make sense to you anymore.

There is another way. You can learn to trust your body—you deserve so much more than another diet.

Let's talk about life.

Are you taking care of yourself as a whole person? Overwhelmed and putting your own health and wellness goals on the back burner?

It is possible to live your life with your personal goals at the forefront. Whether it's finding purpose, motivation, mindful eating, optimal nutrition, physical health, and connection with others—it can include all the things that bring you joy.

Wellness coaching guides you to use your time and energy to create your vision for overall wellbeing.

LET'S CONNECT



Lisa Kehler, RD, Wellness & Nutrition Coach

FullOnLife.ca

Email: lisa@fullonlife.ca

Phone: (204) 899-7328

Fax: (204)400-4031

Safe Harbour Therapy

161 Stafford St, Suite 3

Winnipeg, MB, Canada

R3M 2V8