



TIRED OF NO ENERGY?

READY FOR A CHANGE?

Achieve OPTIMAL HEALTH WITH PEOPLE YOU KNOW AND TRUST!

START THE JOURNEY TO OPTIMAL HEALTH AND WELL-BEING WITH YOUR CERTIFIED HEALTH COACHES:

Retired SDPD Capt. Dawn Summers, retired SDPD Asst. Chief Mark Jones and retired RN Diane Jones

For a FREE Health Assessment (on Zoom), let's connect today to change your life!

Dawn Summers' cell: (619) 990-5871

