

Get in Shape / Lose Weight

Alterations – Adjust clothing sizes

Chiropractor – Get adjusted and feel better

Dance/Karate Class – Fun ways to get in shape

Florist – Reward yourself or someone you love

Life Coach – Support with motivation, goal setting and improved performance

Massage – Improve physical health and feel better

Nutritional Products – Lose weight with healthy meal replacements

Personal Chef – Surprisingly affordable way to eat healthy foods

Personal Trainer – Lose weight and get back into shape with exercise

Water Purification – Drink healthy water and be healthy

Women's Clothing – New wardrobe for the new you!

Physical Injury

Attorney – Collect a Court Settlement from your injury

Auto Body Repair – Repair vehicle damage from auto accidents

Chiropractor – Get adjusted and feel better

Chocolate Truffles - Nothing says “Get Well” better than chocolate!

Clean Carpet – Let someone else help keep the carpet clean

Clean House – Get the house cleaned while recovering from injury

Clean Windows - Let someone else keep the windows clean

Errand Runner – Pick up groceries, go to the Post office so you don't have to

Florist – “Get well” bouquet

Furniture – Ergonomic chairs and beds

Handyman – Fix deferred maintenance around the house

In Home Health Care – Maintain the quality of life at home for the disabled

Insurance – Get answers to your questions about what is covered and what is not.

Life Coach – Counsel the disabled and their family on new physical challenges

Massage – Improve physical health

Nutritional Products – Cellular nutrition to help the body heal faster

Personal Chef – Good home cooked food to make life easy during recovery

Personal Trainer – Get back into shape

Pet Sitter – Dog walks and empty house visits

Rear Yard Spa & Furniture – Rehab injuries with the benefits of spa therapy

Transportation – Safe and reliable rides for disabled people to get to Doctor appointments and errands.

*Please give me a call
for more information
on any of my
networking partners!*

Your Business Card Here

**These businesses
are members of
my Power Team
Referral Network**

**To join my referral
network, businesses
make a professional
commitment,
dedicated to providing
the highest quality
service to
their clients.**

**These people are
professionals who we
have come to know,
trust and use
ourselves.**

Your
Logo
Here

Get Healthy!

Health & Wellness
challenges can be
overwhelming!

I network with a group
of local business people
who might be of
assistance to you and
your family.