

## **Aimee Rhoden Professional Counseling**

### **Description:**

The wellness approach allows an individual to make positive choices in creating and maintaining a healthy lifestyle. Wellness is an active process of becoming aware of and making choices toward a more successful existence. We never arrive at a point where there is no room for improvement.

Integrating counseling with various systems of healing modalities including nutritional counseling, therapeutic massage, chiropractic care, and education maximizes each individual's potential to achieve and maintain a healthy, well-balanced lifestyle and mental state.

Aimee's counseling approach specifically addresses the way we think, feel, and behave in a supportive environment. This method integrates the mind, body, and spirit, which are all vital roles in the healing process.

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