

## Meet our team...

### Lifestyle Choices

#### *Vicki Richards Upchurch, RN*

Using a system for stress reduction known as **HeartMath®** Vicki works to teach individuals how to change the way the body reacts to stress, whether they are relaxed or in the middle of a crisis. The **HeartMath®** system is an evidenced-based methodology for stress reduction which was originally created by a physician. The **HeartMath®** Institute has been conducting studies for over 18 years. The result: It works! People can learn how to make changes in the body's responses and improve their overall health and functioning.

Vicki is a Registered Nurse and Licensed **HeartMath®** provider. She has had extensive experience and training in the medical field as well as the corporate world and brings her expertise to the areas of Life and Health Coaching.



#### *Gwen Brehm, M.Ed. LPC, LMFT*

### Center for Mind Body Health

Mindfulness and meditation increase your opportunity to make powerful changes in your life. Gwen will teach you ways to change your thoughts, manage your emotions, and make your behaviors intentional as you become more aware of your life paths. Focusing on your internal patterns allows you to change and create external patterns that will increase your happiness, reduce your stress, and manage your life to its greatest potential.

Gwen Brehm is a Licensed Professional Counselor and a Licensed Marriage and Family Therapist and desires to improve the quality of others' lives through spirituality, mindfulness, and behavior change.

### One Body: One Choice

#### *Denise B. Cazes, MA, LWMC, CPT*

Providing education and support in the areas of nutrition and exercise is the specific task that Denise uses to help people make lifestyle changes to achieve better health. She works to teach a healthy way to lose weight, incorporate exercise, lower cholesterol and blood pressure as well as reduce menopausal symptoms and improve energy levels. This adds to the whole picture of stress-free living.

Denise is a Nutritional Consultant, Lifestyle and Weight Management Counselor, Health Educator and Personal Trainer. Her goal is to help her clients feel better, look better, and perform better!

