



## MEET THE HEALTH COACH

JOEL  
GALVAN



Get extra support from your wellness program with health coaching. We provide emotional, nutritional, and physical activity support for autoimmune, hormonal, and weight-related problems and more!

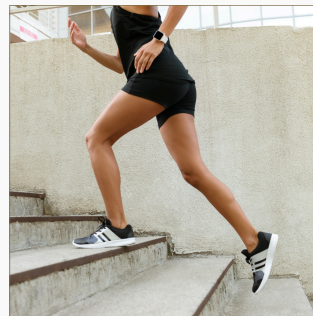
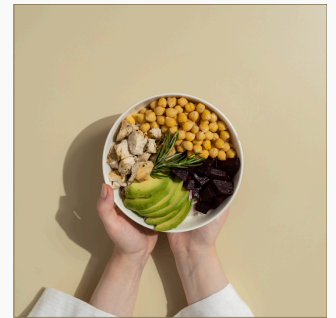
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[www.revampedwellness.com](http://www.revampedwellness.com)

## HEALTH COACHING

### *What is health coaching?*

Health coaching is a valuable addition to any wellness program. It addresses a range of issues, from hormonal imbalances to autoimmune disorders. Your health coach is trained to help you plan and achieve your health goals. They also provide additional support, resources, and advocacy for your health and wellness journey. Joel has 10 years of experience in healthcare and extensive clinical experience working with clients dealing with autoimmune, hormonal, thyroid, and pre/post-surgical issues. Additionally, he has 4 years of training with Lauren DeNeve, APRN. Throughout his career, he has developed a passion for holistic and preventative care. Joel has personally struggled with plaque psoriasis, poor gut health, high blood pressure and obesity, he overcame many of his afflictions through diet modification and use of peptides to improve his symptoms. Along compassion and understanding, together we can work towards achieving your wellness goals.

Nutritional  
Guidance



Physical  
Activity &  
Energy Support

Guidance  
for Immunity  
Support



Guidance for  
hormone  
imbalances