



# Rebecca Frey

COACH  WELLNESS ADVOCATE  MENTOR

As a coach, I help my clients find purpose and vitality for a happier, healthier life journey. A healthy life journey encompasses body, mind, and spirit - as a whole, and I encourage others to reach that balance through an assessment of their everyday lifestyle. I then empower my clients to unlock their full potential by helping them create lasting transformational changes that are personalized and effective in each area. I also provide natural alternatives as the tools to reach a health and wellness balance in everyday life.



*Connect with Me*

REBECCA FREY  
ETERNAL WELLNESS FOR LIFE



(239) 989-7282



@rfreyeternalwellness.life