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Hello everyone! I'm **Carolyn Bachino**. We may or may not have met at a recent Chamber event so I am introducing myself and my business to you here and would like to invite you to join my email list. Please read below to learn about all the excellent free gifts and additional networking opportunities you will receive when you do!

My company, **Health Coach Link LLC** is located in my home office at 209 Keats Avenue in Elizabeth. We believe that certified health coaches and wellness coordinators are the missing link to improved health outcomes!

We serve three types of clients:

1. **Companies**- We consult with you on your employee wellness! We can create wellness events and programs tailored for your particular needs! Book your free consultation here: <http://healthcoachlink.com/contact-us.html>
2. **Healthcare providers and holistic health practitioners**- We have a turnkey system for you to increase your profits through adding ancillary services to your practice. We will be hosting our first live event about this on August 8th in the evening! Here is the link: <https://www.eventbrite.com/e/benefitting-patients-and-building-revenue-through-ancillary-services-tickets-48006462622?ref=eios&aff=eios>. If you miss this event, use the same contact link above to schedule a free consultation. <http://healthcoachlink.com/contact-us.html>. We also offer you the opportunity to try a health coach in your practice for a limited time to see if you are able to make it work for your practice. Learn more at www.healthcoachlink.com. Thirdly, we have monthly healthcare provider meet ups happening in the local area on the 2nd Wednesday of the month where you can come and share best practices with your peers! Bookmark <https://www.eventbrite.com/o/carolyn-bachino-mph-cic-inhc-17317077907>. If you are a **holistic practitioner**, we are currently forming a national network of holistic health practitioners. It's currently free to join and be invited to join our private Facebook group, be placed in our provider book, and mentioned on an upcoming website. Here is the sign up form. <http://www.123formbuilder.com/form-2873386/Contact-Form>. Learn more at www.abettermedicine.com or donate at <https://gogetfunding.com/first-ever-alternative-health-savings-plan/>. If you are a **health coach**, we want to talk to you and help you with your business! Check out <http://www.healthcoachlink.com/for-health-coaches.html>
3. **Individuals** - We help you achieve the health outcomes you desire, such as:
 - Releasing unwanted weight
 - Improved digestion
 - Increased energy
 - Improved sleep
 - Improved hormonal balance
 - Reduction in reliance on medication
 - Improved relationships
 - Spiritual fulfillment
 - Improved finances
 - and overall INCREASED HAPPINESS

When you join my newsletter, you will be on cue to receive **THREE FREE GIFTS!**:

1. Your introduction to my 7 DAY HEALTH JUMPSTART PROGRAM
2. My e-book, Six Easy Steps to a Happy Marriage
and
3. FIVE DELICIOUS and HEALTHY SMOOTHIE RECIPES that I love!

After receiving all of these gifts, I am sure that you will quickly understand the benefits of being included in the newsletter! You will have access to great offers to view upcoming free online conferences, local area networking events, special exclusive health coaching offers from me, free tele-seminar invitations, and information on a range of health topics.

You should opt-in if you love to learn about health and nutrition and/or if you like to be inspired, in general, as I will also be sharing with you inspirational life coaching lessons from time to time.

More about Me -

I am an AADP Board Certified Integrative Nutrition Health Coach specializing in hormone health. I cater to the Orthodox Jewish community, because everything that I recommend is kosher certified, whether it be food or supplements and I understand the cultural sensitivities around that community, which I am a part of. However, I do work with all types of clients, male or female. If you are suffering from lack of sleep, inability to lose weight/sluggish metabolism, low energy, fertility issues, menopause, thyroid and/or adrenal dysfunction, or you are not sure exactly what is going on in your body, I can help you figure it out. I work alongside functional medicine providers and other health professionals, as needed. I can be your coach to help you work through the difficult transitions that come along with trying to implement lifestyle changes for yourself or your family.

My vision is to produce thriving and healthy families through helping stressed out working moms, because you moms are the glue that holds it all together for your family and I want you to feel loved, supported and empowered, every step of the way!

Getting Connected:

Here is the newsletter registration page:

<http://koshertox.synduit.com/TSO0001>

And here is the link to my **upcoming free webinar on August 15th** in the evening after you get home from the Elizabeth Chamber networking event that night!

<http://koshertox.synduit.com/TAMW0001>. The topic is The Autoimmune Matrix and we will be uncovering common misconceptions about auto-immunity and putting you in the driver's seat on natural ways to prevent or reverse auto-immune conditions.

Regards,

Carolyn Bachino

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