

## Dr. Cathy Chargualaf

Dr. Cathy Chargualaf has combined her education, clinical training, and professional experience in developing a common sense approach to healthy living. She has been in practice for 20 years and founded the Life Esteem LLC, Life Esteem Wellness Center, and Life Esteem Living.



*New*  
Wellness Program  
Starting Now

She received her Ph.D. in Metaphysical Humanistic Science, where she specialized in Transformational Life Coaching and Spiritual Counseling. Cathy is also an Integrative Nutrition Health Coach where she studied with the world's top health and wellness experts. Her mission is to raise awareness of integrated health, through education, coaching, and provides resources for practical skills, in life and health, to awaken a more meaningful and healthy life.

Women of Distinction Magazine honored Dr. Chargualaf as one of the top ten women in the Health and Wellness industry.

Life Esteem LLC

Dr. Cathy Chargualaf

(626) 893-0340

By appointment only

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

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



Life Esteem LLC  
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# Life Esteem

INTEGRATIVE  
NUTRITION

Health & Lifestyle Coaching



*Being healthy does not  
have to be hard.  
Find your path to  
health and happiness.*



Life Esteem LLC

## Work With Me

As your Health Coach, I will listen carefully and we'll navigate the world of contradictory nutrition and health advice together to explore what truly works for you.

### Together we will:

- Connect the dots between who you are and who you want to be
- Create your personal blueprint
- Decipher your body's unique needs
- Set your personal goals and work towards sustainable change

### What you get:

- Two 50-minute sessions per month
- Email support between sessions
- Simple healthy recipes
- Handouts specific to your needs and goals

### What to Expect:

- Sessions can be scheduled in person, over the phone, or through Skype.
- Most people will enjoy benefits after the initial program. Others may require additional follow up sessions, depending on the particular health and/or lifestyle goal.

## Your path to Health & Happiness!



What are you waiting for? Let's do this!

**626-893-0340**



## Health & Lifestyle Coaching

As your Integrative Nutrition Health & Lifestyle Coach, I will guide and mentor you to set goals, provide ongoing support and empower you to make sustainable changes that improve your health and happiness. I take a holistic approach to address the whole person's mind, body, and spirit. The journey is one of renewed wellness, balance, and inner peace.

*Being healthy does not have to be hard.*



Even though there are many areas that impact our lives, we will focus on those that improve your well-being. The key areas of wellness are illustrated in the Life Esteem Circle of Wellness.

- Spirituality
- Self-Development
- Happiness
- Career
- Physical Activity
- Health (*Nutrition*)
- Relationships
- Social Life



*I work with you to establish your unique recipe for life!*

We are all unique, our heritage, gender, age, and desires. So, doesn't it make sense that there is no "one-size-fits-all" approach to health and lifestyle? To decide if health coaching is right for you, I invite you to schedule a **FREE Initial Consultation** with me. During this session, we will discuss your health and lifestyle to determine how I can best support you in achieving your goals.

When was the last time you received the personal attention you deserve and talked with someone about your health?

**Schedule a FREE initial consultation  
to start the conversation.**

