

My vision for this course is to reach as many people as possible especially my clients, family, and friends to share with them strategies that can really help to lessen the level of fear and worry surrounding the coronavirus, which causes severe acute respiratory syndrome (SARS-CoV-2)

My goal as a wellness coach is to share information with you, which can help you to better empower yourself.

2020 was a year to remember to say the least! No one was spared from the level of stress, fear and uncertainty surrounding this deadly virus.

As the world awaited the arrival of vaccines, scientists, doctors, and researchers scrambled to learn about the behavior of the virus

The purpose of this course is to share some of this data that has shown to be significantly helpful before vaccines were available and continues to help even after been vaccinated.