



Wednesday, December 5 at 6:30pm at Friendswood Public Library

Valerie Coyle, Certified Health & Life Coach, will discuss:

- How stress shows up in the body
- Its' helpful and harmful signals
- How to manage stress in our lives
- Chronic low-level stress as the new norm
- Effects of stress on cortisol levels, digestion activity, and daily living.



Valerie Coyle is a Certified Health and Life Coach, Diabetes Prevention Lifestyle Coach, and Social Worker. She guides her clients to put their goals into action, listen to their intuition, and create healthy habits and lifestyle. She is a public speaker and successful entrepreneur. Valerie graduated with Bachelor Social Work, University of Texas Austin, with a passion for helping & counseling people. She is a Licensed Social Worker and has worked extensively in nursing homes.

As a student of life, Valerie realizes her life-long passion to help others on their journey of wellness through healthy nutrition and lifestyle choices. She empowers her clients through the necessary changes, supporting them as they unlock their true potential, live their best life, and achieve lasting transformation.