

BRIGHTER PATHWAYS, LLC

YOUR JOURNEY TO GREAT STARTS HERE!

PLACE
STAMP
HERE



COUNSELING. WELLNESS. ENRICHMENT

“CHANGE IS HARD IN THE BEGINNING,
MESSY IN THE MIDDLE, AND GORGEOUS
AT THE END.”

-ROBIN SHARMA

Brighter Pathways, LLC
100 Ashland Park Lane, Suite I
Columbia, SC 29210-5100

LIVING WELL PROGRAM



**A BRIGHTER PATHWAYS, LLC
ENRICHMENT PROGRAM**

WWW.BRIGHTERPATHWAYS-SC.COM





Services

Wellness Groups

- Time limited (6 wks or 10 wks)
- Focus Groups: Wellness education, Food Choices, Commitment to staying active, and much more.
- Wellness Challenges
- Learn to write your own wellness plan

Individual Coaching Support:

- Consultations
- Wellness plans
- Support/Buddy System
- Education
- Food plans
- Check-ins

What We Do

Brighter Pathway's Living Well program offers nutritional consulting and coaching on the individual and group level focusing on achieving optimal health marked to enhance and empower lifestyle changes. Using a holistic approach to treat optimal health to spark basic lifestyle changes, kick start the body's self healing mechanisms, and helping to curtail a new mindset.

These strategies include:

- dietary modification,
- simple breathing and meditation techniques,
- sufficient sleep and exercise.
- Stress/emotional management
- Increasing motivation/support/ and self-actualization!

We are dedicated to educate, empower and light your path to living well!

Who We Are

Living well is one of the dynamic enrichment programs offered by Brighter Pathways, LLC

We offer an array of services aimed at empowering others to be better versions of themselves through Counseling, Wellness, and Enrichment services.

How we will benefit you:

We provide affordable solutions to wellness awareness and living well. We can offer education, awareness, group support, accountability, motivation to follow through, individualized plans, comprehensive services, Exploring and conquering the underlying reasons behind unsuccessful attempts, and more! Don't wait! Contact us today to start on your unbelievable journey to great!!!

"The secret to change is to focus all of your energy , not on fighting the old, but on building the new."

-Socrates

We look forward to being of service to you!



Contact Us

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Visit us and register on the web:
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