



HEALTHY & BETTER

COUNSELING SERVICES

BRIDGING THE GAP BETWEEN MENTAL HEALTH AND NUTRITION

Welcome to HEALTHY & BETTER COUNSELING SERVICES

I appreciate you taking a moment out to read this. I wanted to thank-you for choosing us to provide for your counseling needs and goals. We appreciate and acknowledge the courage it takes to want to make a change, and we are delighted, honored and privileged to be working with you through this journey.

Healthy & Better Counseling Services, Inc. takes a holistic approach to mental health by bridging the gap between mental health and nutrition. We carefully review how our food intake effects our mood. By focusing on the total man: body, mind, and spirit, we put together a complete system which maximizes the body's chemistry. Thus, ensuring that the individual is in the right physical condition to achieve long lasting mental health and relief.

Often our clients want to share with others about their progress and success. You will have the most success by completing the goals you came to achieve. We welcome you to share your progress with others. Please know that should you choose to refer a potential client to work with us that both of your information is confidential and protected under HIPAA guidelines. HEALTHY & BETTER COUNSELING SERVICES does not share information with others without your consent.

We very much welcome and appreciate new clients into our practice, so we can also help them achieve the goals that matter to them most. We look forward to getting started with you at your first appointment. Should you have any questions prior to our appointment please feel free to give us a call.

Thank You,

Lynette Hector

Lynette Hector
LMFT