

# The New *You*

*Health & Wealth Lifestyle Coaching*

Your Personal Guide to  
Overall Well Being!



*Lora Ulrich*  
*Lifestyle Coach*

Lora Ulrich, Founder of **The New *You***, is a dynamic Lifestyle Coach with over 15 years experience in developing, coaching and presenting Health & Wellness programs.

Call today for your **Free Consultation (239) 898-4078**

**[www.CoachingByLora.com](http://www.CoachingByLora.com)**

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Unwrap  
The New *You*  
and Discover a  
Healthier, Happier  
and Stress Free  
Life Today!

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**Do you want to improve any of the following?**

- Physical Health
- Weight Management
- Eating Habits
- Energy Levels
- Stress Management
- Personal Wealth

The New *You* Health & Wealth Lifestyle Coaching program offers you a ***Life Wellness Screening*** that helps determine your personal strengths as well as targets the problem areas of your life that need improving. A personalized Wellness Coaching Plan will then be developed to help you reach a new level of health, happiness and overall well being in your life! Call today and schedule your Free Consultation! (239) 898-4078

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I failed so often that I got used to it. It is wonderful to SUCCEED.  
Thanks Lora!!!! - Carol, FL

Lora offered me the tips and encouragement I needed to be successful. - John, AK

Before I started I was tired all the time and not able to loose weight no matter what I did. Now I am full of energy and loosing weight. Thanks to Lora I have a new way of eating, not dieting. – Diane, FL