



gb wellness

GB WELLNESS WALK & TALK

“Our session was enlightening, practical and inspiring. I highly recommend Gillian as a thoughtful, caring, effective and highly experienced nutritionist and wellness coach.” – Debra

DOES THIS SOUND FAMILIAR?

- Feeling sluggish
- Trouble losing stubborn weight
- Bloating
- Poor sleep
- Joint pain
- Feeling stressed or overwhelmed

If so, I can help.

GB WELLNESS WALK & TALK

WHO AM I?

Your neighbour, Gillian Bogden - Nutritionist, Health Coach and Founder of gbwellness.

MY INTENTION

A wellness reset... getting women (one-on-one) outdoors and walking in nature, while receiving personalized nutritional recommendations.

WHAT DOES IT LOOK LIKE?

During the course of a brisk outdoor walk, we will discuss your health history, your current lifestyle, expectations and goals. You will leave with recommendations you can implement immediately, followed up with a personalized action plan.

THE DETAILS

- One-on-one with social distancing (and masks if necessary)
- Monday thru Thursday, weather permitting
- One hour in length
- Suggested routes include the Beltline, Sunnyside Park, Brickworks ravine or Mt. Pleasant cemetery
- Dogs welcome!

I look forward to helping you get back on track! Email me at gillian@gbwellness.ca for more details.