

**HealHer** LLC  
PEER SUPPORT SPECIALIST

**Introducing  
WALK & TALK THERAPY**

*Compassionate listening when you need it most*

- Increase Vitamin D levels
- Boost energy
- Enhance Mood
- Burn calories

*30 minutes \$40.00*

**Sometimes**

**you aren't meant to fix it  
but rather walk through it.**

