



## Heather Boll

*QPR Certified  
Mental Health Peer Support Specialist  
Public Speaker*

# I AM ONE OF FIVE.

Founder Heather Boll, Certified Peer Support Specialist, is a St. Cloud graduate with an Early Education degree, wife, mother of three, and a wounded healer with over 25 years of experience with everything from phobias, anxiety, depression, and panic disorder. She wants to serve you in a personal, custom, non-clinical approach. She is on a mission to serve YOU in the midst of a dark and lonely time in your life. She will create and manage your wellness plan from beginning to end. She will also support and guide you in the overwhelming mental health industry.

## CONTACT

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## AFFILIATIONS



MENTAL HEALTH  
Minnesota  
*The Voice of Recovery*



*Cash, checks, HSA and credit cards accepted*

## SPECIALTIES

### Pregnancy and Postpartum Support

Postpartum Depression | Postpartum Anxiety | Dysphoric Milk Ejection

### Adolescent and Adult Support

Anxiety | Depression | Panic Attacks | Panic Disorder | Phobias

### Children Support

Anxiety | Depression | Phobias

## SERVICES

I want to promote HOPE and HEALING through positive self disclosure, demonstrating that recovery is possible. I will support you with resources, set goals, uncover your strength, and empower YOU to live your best life through a custom wellness plan. You will become productive, joyful, have more energy, more respect from others, stronger relationships, LESS fear, stress, resentment, depression and anxiety. Please visit [IAmOneOfFive.com](http://IAmOneOfFive.com) to learn more, review packages or schedule an appointment.