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## ANGIE LEBLANC RECEIVES INTEGRATIVE HEALTH COACHING CERTIFICATION

Houma, LA, 1BOctober 8, 2015– Angie LeBlanc is now able to offer full integrative health services since she was awarded her coaching certification from the Institute for Integrative Nutrition. The certification allows her to expand on services to include more education and guidance on health and wellness. She is now able to prepare custom integrative health plans for individuals.

Integrative health helps guide people to make changes that lead to living a healthy lifestyle. Mrs. LeBlanc now has the certified tools to mentor and guide people into finding a balance between work, home, family, food, and exercise. Once this balance is achieved, a calm mind will follow.

The certification included lessons about global food issues, health education, and nutrition education. Her coaching skills include accountability development, active listening, interpersonal communication and time management.

*“I am excited to have the opportunity to expand my services and find new ways for people to achieve their dreams. I see endless possibilities before me and want others to feel the same” Angie LeBlanc ABL Ventures*

Working with a certified health coach allows people to develop an understanding of how to live healthy lifestyles and discourages fad diets. A healthy lifestyle is not about losing weight, it is about living a happy and balanced life. An integrative health coach makes people accountable for their actions, offers continued encouragement and educates so people can make better decisions.

*Angie LeBlanc is knowledgeable, professional and inspirational to work with. I love her passion and enthusiasm. Integrative health coaching is her true calling – Shannon LeBlanc Paradise Vacation Escapes*

My passion is to support women and guide them through the journey to achieve health and wealth. I want to inspire women to reach their full potential. Through partner programs and associations I have learned how we can work together, support each other and create lifetime friendships.

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If you would like more information about this topic, please contact Angie B. LeBlanc at 985.232.7559 or email at [info@AngieBLeBlanc.com](mailto:info@AngieBLeBlanc.com).