

Will today be the day to make a change in your health?

Stephanie Scocchera Harmonious Health

Holistic Health Coach specializing in bridal fitness and wellness

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What am I about?

Who doesn't want to look her best on the most important day of her life? What bride doesn't want to look back at her wedding photos years from now and feel that she did everything she could to be gorgeous and completely confident on her wedding day? I want to help you get there! Over ten years ago, I lost 35 pounds off of my 5'0 frame and never looked back. I want to help you do that and more!

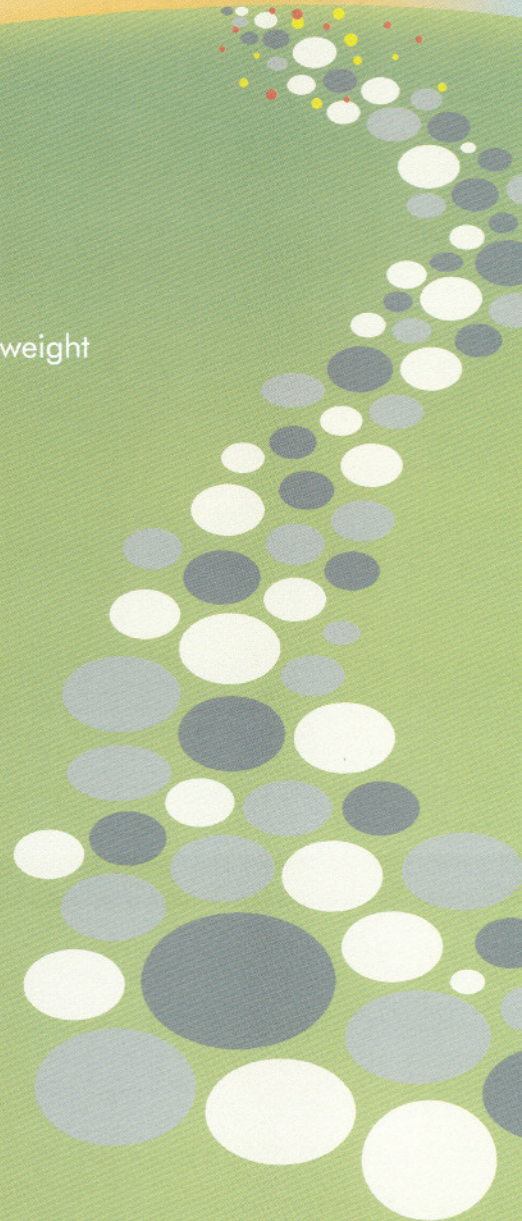
As a client you will:

- Reach and maintain your ideal weight
- Increase your energy levels
- Manage and decrease stress
- Feel amazing in your clothes
- Accomplish exciting goals
- Develop a fitness plan
- Discover the confidence within



Where am I located?

Anywhere you are! I service all of South Florida, but health coaching can easily be done over the phone if that is what suits your schedule. You have my personal COMMITMENT and DEDICATION to help you become the BEST version of you before your wedding day!





Call today for a FREE consultation!
I am always taking on new clients!

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