

Health & Wellness

Certified Nutritional Coaching

Working With The Neurodiverse Community

Testimonial:

"I am amazed at the progress our son has made since Dinah came into his life. He has gained so much confidence and makes healthier decisions."



Dinah Raphaelle

Improving habits & building systems to keep clients on track for healthier choices & accountability towards goals

- Dedicated to empowering the individual
- I work with dietary restrictions, along with lifestyle, fitness, & mindset
- Together, we create a individualized "Healthy Wholeness Plan" working with the client, family, and careteam to integrate lasting changes

For a Complementary Consultation:

Email: FeastyAF@gmail.com



**Science-Based Nutrition
Coaching & Meal Plans**



**Building on Life Skills &
Independence**



**Life Coaching & Action Plans
Driven By Results**