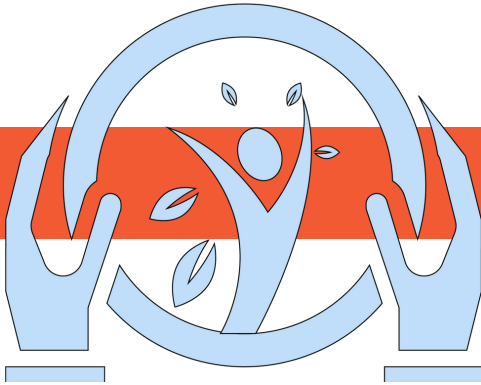


WELL DRIVER RECERTIFICATION READINESS COACING



**A 90-DAY COACHING PROGRAM TO
ENSURE THE LONGEST CDL MEDICAL
CERTIFICATE POSSIBLE**

ABOUT US

L I T Wellness Solutions is a federally and state-certified women-owned business enterprise focused on health and wellness consulting and coaching using an integrated nutrition therapy and mental health focus with a person-centered coaching approach to IGNITE health and well-being transformation.

TESTIMONIAL

"TANYA PROVIDES GREAT SUGGESTIONS AND TIPS FOR BEHAVIOR CHANGE AND HEALTH FOR HARD-TO-REACH POPULATIONS. I WAS IMMEDIATELY IMPRESSED WITH HER TECHNICAL SKILLS AND DELIVERY. SHE DELIVERS KEY MESSAGES IN A PRACTICAL AND COMFORTABLE FORMAT. MORE IMPORTANTLY, SHE WAS WONDERFUL TO WORK WITH. I APPRECIATE HER QUICK RESPONSE, FLEXIBILITY, AND CAN-DO ATTITUDE."

COST

\$349 FOR 90-DAYS OF EDUCATION, THREE COACHING SESSIONS, AND TARGETED PREPARATION ACTION STEPS USING A HIPAA COMPLIANT PLATFORM

LEARN MORE

**WWW.LITWELLNESSOLUTIONS.COM
[/WELL-DRIVER](#)**

DRIVER RECERTIFICATION READINESS BEFORE THE REQUIRED DOT MEDICAL EXAM

The Well Driver Recertification Readiness coaching program provides a driver with a series of educational emails, targeted preparation action steps, and three coaching calls to help them complete an exam pre-trip check in the 90-days before their CDL medical exam is due to avoid dealing with a short term medical certificate after.

Well Driver coaching focuses on eight content areas :

1. CDL Medical Exam Preparation
2. Healthy Eating on the Go
3. Behavior Modification
4. Mindful Living
5. Blood Pressure Management
6. Diabetes Management
7. Stress Management
8. Smoking Cessation and Tobacco Management