

Congratulations



Being organized is key to developing and implementing your personal health and wellness plan.

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Let me take this opportunity as well to tell you more about me and what I do to help women reduce unhealthy stress and create their best healthy/ happy life.

I'm Dr. Indie F. Jones. As a board-certified internist, I see the negative impact that stress can have on your health.

This motivated me to start my Wellness Coaching practice.

Read What Some of My Clients and Customers Have to Say:

During a very transitional time in my life, I reached out to Life Coach, Dr. Indie Jones. Her guidance and approach helped me identify my concerns and get in touch with the emotions related to them. Dr. Indie Jones made me realize how my concerns affected my physical health and she provided activities like journaling and meditation to help me channel the negative energy. Overall the one-on-one sessions with Dr. Indie Jones gave me a different perspective on how to deal with the daily stress in my life. Her sessions were truly a blessing to me. I will be forever grateful and use the tools that she provided. - Teresa

Dr. Jones' e-course helped me while I was going through a difficult time in my life. The worksheets and short videos provided tools that I needed to empower me to be capable to do whatever I put my mind to do. This course taught me how being conscious of my physical health and spiritually grounded throughout difficult times are all interconnected. The way I responded to life's stressors could keep me stuck in that stress or help me get unstuck. This course is something I can use for a life time. - Tracey

I have worked with Doc Indie virtually, and although I wasn't with her in person, she was there for me every step of the way. She not only was interested in my physical health, but also my mental and emotional health. I love her approach to total health. I loved the exercise videos she incorporated as well. She has such a caring heart and she genuinely cares and wants to help everyone be the best that they can be. - April

Click here to schedule a call to see if I can help you on your wellness journey with my holistic approach that addresses the mind, body, and spirit:

<https://calendly.com/docindie/15min>