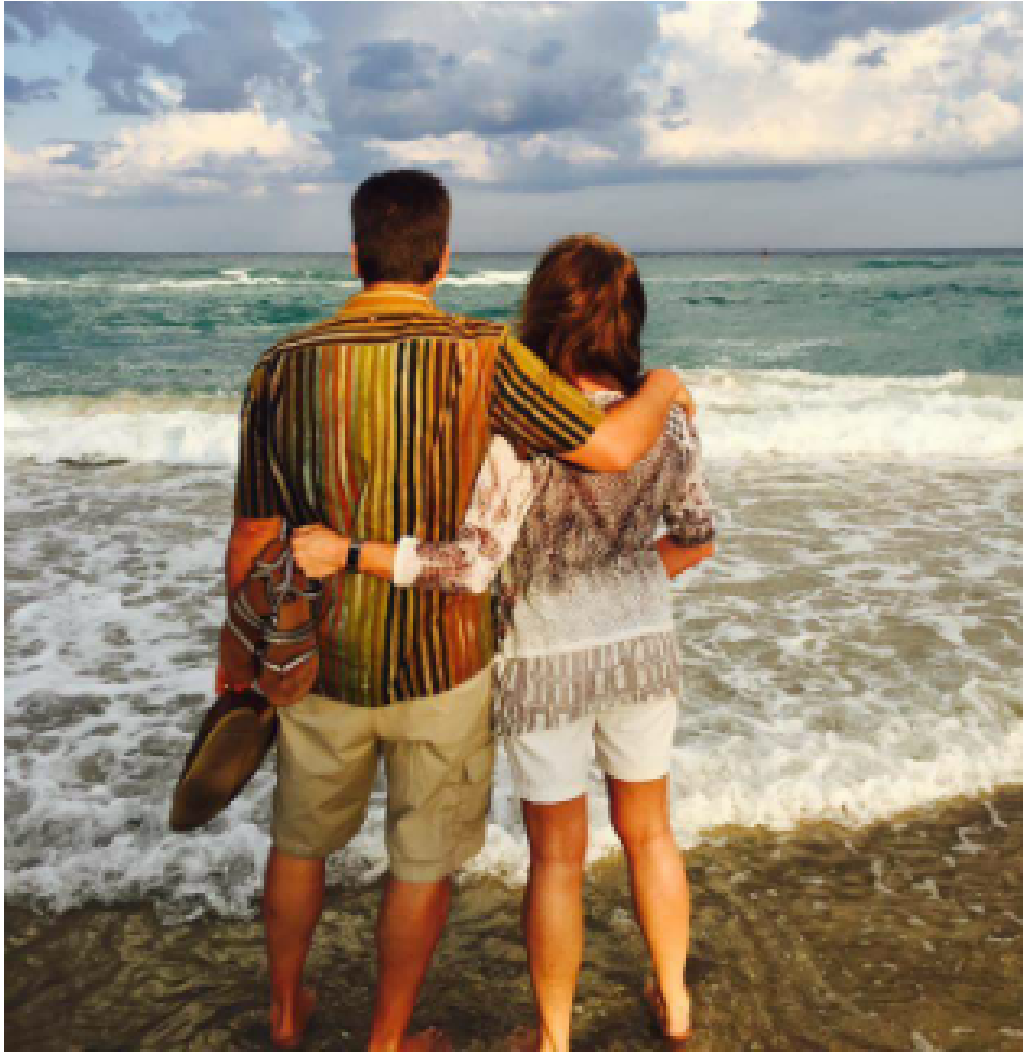




☎ (330) 699-2223 x213

"Investing in your health is just as critical as investing in your retirement...this represents the future of sound advice."

- Joseph Coughlin; Director, MIT Agelab



## What does it mean to Be Well?

The first thought that may come to mind is “to be healthy”. And while that isn't a wrong answer, It can be a little more complicated than that.

Achieving wellness in our own lives can sometimes feel elusive , especially when you consider there are multiple domains of health that affect our well being.

Physical, emotional, mental and financial health are all interconnected. Achieving wellness in one domain is difficult when facing challenges in another.

And, let's face it, Life - like the stock market - is unpredictable.. There are just some things that are out of our control.

However, there are a lot of things we *can* control. Those are the things we need to focus on, especially the things that really matter to us and our well being. This approach provides a solid foundation for planning for the future.

Our purpose at Be Well Health & Wealth Advisors is to develop thoughtful financial solutions based on the things that really matter to you while providing the resources and encouragement to help improve your well-being.

Thanks for visiting our site. We'll be adding great new content every month so check back with us!



**Retirement**

DISCOVER



Investment

DISCOVER



## Insurance

DISCOVER



## Well Being

INSIGHTS

"Living long and living well is more realistic for people who take steps in three domains: healthy living, social engagement, and financial security."

-STEVE VERNON, STANFORD CENTER ON LONGEVITY



## **"Seek first to Understand, then be Understood" Stephen Covey**

**- Dr.**

At Be Well Health & Wealth Advisors, we understand that individuals face unique challenges - no matter what life stage they are in. We can help take the mystery out of preparing for today and tomorrow.

Whether you are investing to build wealth, protect your family, or preserve your assets, we will work with you to provide solutions that address your current needs and concerns as well as helping you plan and pursue your future goals.

But before we can make any kind of recommendation, we want to understand what and who is most important to you in this life.

This often points to why you are planning in the first place. It also provides you with more clarity, motivation and understanding as to the importance of taking care of your health so you have the best chance to achieve your goals. And as the ancient philosopher Virgil said:

"The greatest wealth is health"

**Be Well !**

**MEET OUR TEAM**

## Have a Question

Name

Email

Phone

Question

**SEND**

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