



Who We Are

I am a health coach interested in empowering you to create the health that you desire, naturally. If you have a brain injury, there is always a way to improve your symptoms and functioning and hiring a health coach who will make a customized program for you is the way to get the best results.

Contact Us

Phone: 608-385-7300

Email:

anna@essentialhabitsforwellness.com

Web:

www.essentialhabitsforwellness.com

ANNA SLABACK, M.S.

OWNER/COACH



ESSENTIAL HABITS FOR WELLNESS

www.essentialhabitsforwellness.com

**Essential
Habits for
Wellness,
LLC**



Essential Habits for
Wellness, LLC
La Crosse, WI

*Helping you heal from
the inside out.*



About Anna

I have a M.S in Mental Health Counseling and am a certified health and life coach. I am currently pursuing my brain injury specialist certification through the Brain Injury Association of America. I have managed group homes and been an independent living skills staff person as well as a therapist.

I love working with the mind as it is so powerful and there are many ways to expand our abilities when we are in tune with the power of the mind. I believe in rewiring the neural circuitry of our brain to live our best lives.

What people are saying

"I love all of your ideas and direction so far.

Thank you from the bottom of my heart for all you are doing. My mom adores you"

"The thanks go to you!!!! First step on an adventure of "getting to know the "NOW ME".

"Anna is a REAL health coach. She has the degrees, certifications and insatiable love for science and bio hacks to guide you to meet your health goals in a sustainable way. I just started using her coaching services, and I've already learned and implementing some of her strategies. If you want data driven health coaching to help you succeed in "real life", I highly recommend Anna's coaching services."



Our Products and Services

Brain injuries come in all shapes, sizes and forms; just like us. Brain injuries can be mild to severe and can impact many different aspects of our lives. Some brain injuries come from physical trauma (TBI) and some from advanced disease processes or substance use (ABI).

Whether you've experienced a physical trauma or have a neurological reason for your brain injury, my program can help. My program is made up of all aspects of health including, but not limited to: cognitive compensation strategies, habit creation, food and nutrition after brain injury, movement, connection to others and our environment, sleep, hydration, and any other aspect you need to work on.

I believe that everyone has the capacity for some level of recovery and I'm here to help you achieve progress in that area of your life.