

About Us

We believe the path to wellbeing is a holistic approach finding balance within the physical, mental, and emotional aspects of who we are.

Our philosophy is centered on an individualistic approach, providing an array of services to meet the unique and diverse health needs of people.

We focus on:

Health and Wellness
Mindfulness
Coping Mechanisms
Healthy Living
Nutrition
Fitness
Massage
Stretching
Sleep
Weight Management
Stress Management

Specializations:

Neurodiverse and Adaptive Needs
Mental and Behavioral Health
Pre-and Postnatal
Seniors
Chronic Disease



More Information :



317-643-1430



info@wellnesshaven.fit



Carmel, IN



<https://wellnesshaven.fit>



Wellness Haven

Our Services



Health and Wellness Coaching Services

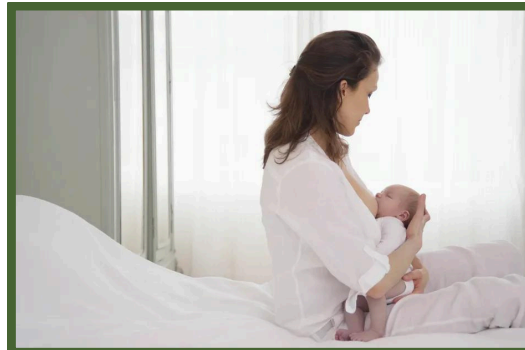


Fitness Classes and Coaching Services



Child Life Professional Services

Supporting children coping with illness through creative, positive coaching and play.



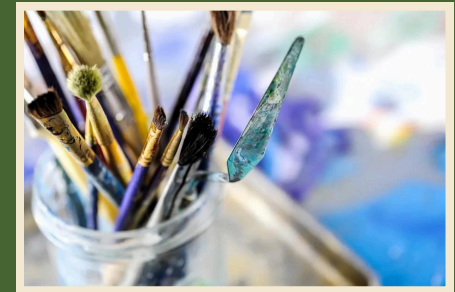
Lactation Coaching



Nutrition and Dietary Services



Art and Music Therapy



Massage Therapy