

HELPING OTHERS HOME CARE LLC

REFERRAL NETWORK PROFESSIONAL

Stronger People. Brighter Days. A More Connected Community.



SHERYL DAVIS, NBC-HWC

Wellness in a Chaotic World

Health & Wellness Coaching • Sustainable Behavior Change • Real-Life Support

Meet Sheryl Davis

I'm a National Board Certified Health & Wellness Coach who works with people who want to take better care of themselves but are struggling to make it happen while managing the demands of everyday life. I help clients move from knowing what they "should" do toward discovering what actually works for them, with support that is practical, collaborative, and grounded in real life.

My work centers on sustainable behavior change, self-trust, and helping people take a more active role in their health, with a particular interest in metabolic health and chronic disease prevention. Rather than handing clients a one-size-fits-all plan, I help them create supportive routines, experiment with what works, and build a way of caring for their health that fits their lives.

Contact Sheryl

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Personalized One-on-One Health & Wellness Coaching

MAKE ROOM FOR YOUR HEALTH | BUILD SELF-TRUST | FIND WHAT WORKS

Interested in Sheryl Davis's services?

Request a direct referral at

HelpingOthersServices.org