

***Who are  
you when  
everything  
you have  
ever known  
changes?***



The Walk Therapy specializes in assisting women from all walks of life navigate, heal and grow through transitional and transformational times.

Who are you when the kids move out?  
Or when you have just gotten divorced?  
When a loved one has passed on?  
Who are you when you want to start over, and you decide to shed the roles you have carried for so long?

***The Walk Therapy LLC***

Alyssa Negron will walk you through your personal process. Now is the time to invest in you, after spending so much time investing in others.

*REDEFINE, REDISCOVER, RE-EVALUATE, REVITALIZE*  
[THEWALKTHERAPY@GMAIL.COM](mailto:THEWALKTHERAPY@GMAIL.COM)  
407-900-9632