



Health and Wellness Coach Boynton Beach, Florida



Ilyssa is a Certified Wellness Coach that empowers women to identify and overcome their limiting beliefs, take control of their diet, lifestyle and ultimately health. Ilyssa is an award-winning, New York Times bestselling author and a licensed professional counselor with over seven years of work experience in the mental health field. She has been an avid health, fitness, nutrition and parenting coach for mothers, as well as a life coach for individuals to attain their goals in life. Visit us: <https://ilyssadalena.com/> for more info.