

### **HELLO YOU...**

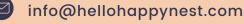
I speak your language...

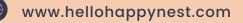
- whether you are tired of dragging yourself through the day or
- whether you have been trying to get your wellness on track for the past 30 years

## SIGNATURE TOPICS

- Creating Quick & Effective Wellness Routines for Optimal Health
- Developing Mindfulness Habits for a Balanced Life
- Exploring the Latest Trends and Innovations in the **Culinary World**
- Empowering Change with Body Image and Eating Disorders

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# CHRISTIANE SCHROETER

I am a Food & Health Coach with 10+ years of experience in leading wellness classes and a Ph.D. in Health Economics.

### EXPERIENCE

Founder & Owner **Hello Happy Nest** 

Developed digital coaching program targeted at improving qut health issues

### Fitness Instructor **Cal Poly Recreation Center**

Teaching indoor cycling, weightlifting, sculpt, abs, pilates, and barre

Professor Cal Poly- San Luis Obispo

Teaching food marketing, innovation & entrepreneurship, and research analysis in health economics



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happy healthy hustle

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