

February Client of the Month

Kelli Stempien– Infinisource

Professional and Personal Wellness has chosen Kelli Stempien from Infinisource as their Client of the Month for February. Kelli has been actively participating in a wellness program since 2006. Since then, she has lost 25 pounds, reached a healthy HDL level and BMI, and quit smoking. She wanted to start taking better care of her health to get in better shape and lose weight. **"I'm not getting any younger,"** Kelli jokes. Her current goals include working out at least five days a week and she would like to lose 20 pounds by June. She says that **"wellness is good information to be aware of and it helps you think about where you are and where you want to be."** Kelli said that Professional and Personal Wellness has impacted her life by helping her be more aware of her body and vital signs. Professional and Personal Wellness congratulates Kelli on her accomplishments!

