

Happy Melon Health Coaching LLC focuses on a whole person wellbeing approach and is committed to helping people get clarity on what they want deep down. Happy Melon will help you thrive by understanding your vision, internal conflicts and limiting beliefs. We will focus on a strategy to bridge gaps, understanding what you want and why you are not there. We will work together to develop small steps that are sustainable for behavior change and help you reach your goals. Be a happy melon, choose to be the best version of yourself.

Coaching services include meditation training, nutrition coaching, personal training, health coaching for behavior change

3-month individual private program- 1 session per week 50 minutes, unlimited messaging, first session free. 12 weeks@ \$1,260

3-month group session (3 person minimum) – 1 session per week 50 minutes, unlimited messaging, first session free. 12 weeks per person fee-\$480.

Custom rates may apply

Amie Seddon Dupra has 20 plus years in the health and wellness field. Amie works as a health and wellness specialist at a fortune 500 company for the past 15 years in addition to personal training, nutrition coaching, mindfulness training and health coaching. Amie's philosophy is based on a holistic approach to health and wellness and helping others build skills to be authentic and seek change with a growth mindset.

Amie received her undergraduate degree in communications from St. John Fisher College and her Master of Science degree in education from Hofstra University. She is a Certified Master Health Coach, personal trainer, and nutrition coach. She also has studied and received meditation teacher training from Deepak Chopra training institute.