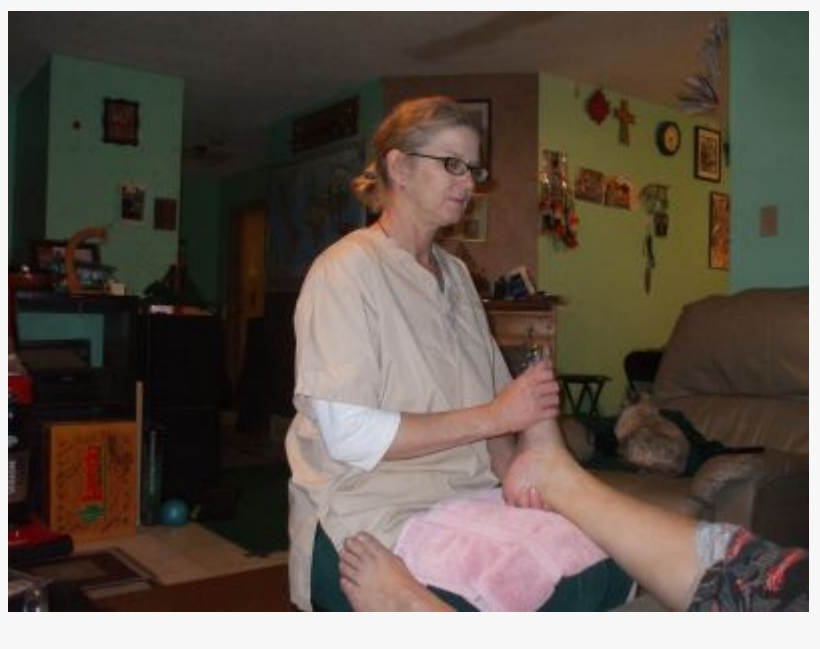


Carol Many Chief of A Healthy Hope Integrated Health Care Services to be Featured on CUTV News Radio

KAINAI RESERVE, ALBERTA, CANADA, February 16, 2015 /EINPresswire.com/ -- The key to building our wellness foundation is a capacity to see a hopeful future. Coaching can empower us to see the problems that seem to catch us in a seemingly unending cloud.

Carol Many Chief is a multi-phasic health care practitioner and the founder of A Healthy Hope Integrated Health Care Services. As a registered, licensed, and insured health care provider in Alberta, A Healthy Hope offers services of [treatment massage](#), health care aid services, remedial fitness, pre-natal/maternity to coaching, addiction management, spiritual reflection,



depression management, trauma/abuse management, recovery retreats and much more.

Traditional medicine is about treating symptoms without addressing the underlying core issues. These physical conditions do not exist in a vacuum. Each area affects another. Prevention, treatment management, harm reduction and resilience are key to managing chronic health issues, but holistic care models are still undervalued in our current health care system.

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We are all created as physical, mental, emotional, and spiritual beings.

Carol Many Chief

According to Carol, wellness coaching is about choices, chances, changes and challenges. As a coach, Carol and her team provide individual client-centered programming, a variety of self-management tools, support, training and

cultural perspectives to promote positive outcomes.

“We are all created as physical, mental, emotional, and spiritual beings,” says Carol. “I have come a long way through my own challenges of abuse, addiction and depression, so the fact that I am still going is one of my greatest strengths.”

Carol says she appreciates working with clients with multiple challenges, and those with depression from abuse or addiction.

“Books and training tell us to treat the whole person and I believe in them.”

CUTV News Radio will feature Carol Many Chief in an interview with Doug Llewelyn on February 17th at 2pm EST (Noon-MST).

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on A Healthy Hope, visit <http://www.ahealthyhope.ca>

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