

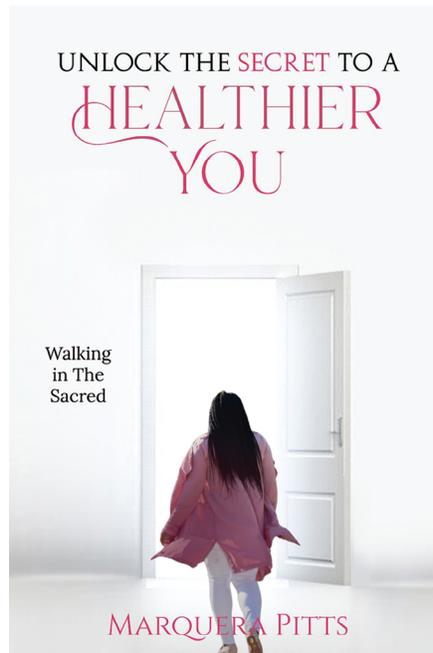
DIVERSE SUPPLIER SPOTLIGHT:

Your Wellness Butterfly BY COLIN HEFFINGER

» For over a year now, each of us has endured through the immense challenges brought upon by the COVID-19 pandemic. Businesses have been forced to adapt to survive. Infrastructure and demand needs have shifted to meet increased changes in the workplace. But one of the most significant changes was the shift to highlighting awareness to utilize this time in defining our individual values and purpose. Your Wellness Butterfly, a business focused specifically on promoting women's health and wellness, continues to impact and inspire women to discover their internal values, overcome unhealthy habits, and push forward to accomplish their goals throughout life ahead.

Your Wellness Butterfly LLC, founded in January 2018 by Marquera Pitts, offers a 90-day one-on-one health and wellness coaching program that emphasizes the physical, mental, and emotional aspects of positive change to overcome bad habits and develop new, healthy ones. Through various techniques such as breathing-focused meditation, speaking positive words of affirmation, and accountability focused tasks, Pitts helps women define exactly who they are as an individual and guide towards regaining control of their lives. Pitts also provides an online membership group delivering support and encouragement with other women. To find out more information, readers can search Marquera Brooks on Facebook.

"It takes time to become healthier," Pitts explains. "Women have to value themselves and give time for healing. It



is important to value the what and the why of their situation – what has taken you to the point where you are now? Why do you want to do this change? You must realize that it is time to heal. It is all a process, and the butterfly represents change and growth."

In addition to the 90-day program, Pitts offers her first published book, *Unlock the Secret to a Healthier You*, as a step-by-step guide to overcoming bad habits and defining your personal values to heal and grow. A comprehensive workbook is also available providing additional accountability and tasks to reinforce the focal points of different stages in the book. She is also in the process of writing a second edition, focused on the steps moving forward after women overcome their unhealthy



habits and better understand their defining purpose.

Pitts encourages women to reach out to her who are struggling to overcome a bad habit or aiming to regain control over their lives. "Whatever you are pushing for in life, there is a process and you just need to give yourself some time to push through. Greatness is on the other side. You really must know who you are to move forward. Women are being changed and inspired. They are truly believing in themselves, that they can accomplish things. This is a life-long change – through inspiration, motivation, accountability, and discipline. I've seen nothing but growth in women and look forward to more."

Interested readers can explore further details about **Your Wellness Butterfly** and *Unlock the Secret to a Healthier You* at www.yourwellnessbutterfly.com.