



EMPOWERED HEALTH

Jodi Thomas

"INSPIRING OTHERS TO EMBRACE HOPE AND HEALTH."

JOHN 10:10

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Jodi has been in the Health and Wellness field for over 20 years as well as serving along side her husband who was a Senior Pastor for over 25 years. As a Certified Personal Trainer and Health Coach she believes: *God wants us to take care of our whole selves and strive to live as healthy as we can not just physically, but spiritually, emotionally, and mindfully as well.* 1 Corinthians 6:19.

Jodi is familiar to life's challenges. She and her husband, Peter, of over 30 years have faced many. They have stories of heart break to heart mending from adoption, infertility, illness, incarceration and more. Despite life not working out the way she planned, she is passionate about sharing hope and health with other woman and living life to the fullest.

Retreat and signature talk themes:

"Jump Start Your Heart!" Embracing Abundant life, body mind and Spirit. Incorporating Faith, Food, Fitness and Focus! Includes practical tips to improve our health and take better care of our temple (1 Corinthians 6:19) to live and serve with more energy and strength."

"Bounce Back and Soar with God" Get back up in the race of life with God's help and run with perseverance and strength. Learn to SOAR, not just survive with God.

John 10:10 , Heb. 6:19, Is. 40:31

Jodi founded "Empowered Health" to inspire, equip and educate women to live healthier body, mind and spirit despite life's challenges. Jodi's favorite verses are John 10:10 and Hebrews 6:19.

*God wants us to live Life abundantly.
He is our Hope and Anchor.*

Wellness workshops

Jump Start Your Health

1/2 day of practical teaching, inspiration, engagement and fun!

Includes sessions on

- Faith
- Food
- Fitness
- Focus

"I would love to be a part of your Women's Conference, Retreat, Workshop or Half day Event"

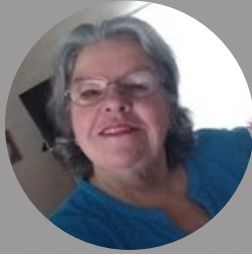


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Jodi has a passion to help women improve their health; body, soul and spirit. Her experience as a health coach and her faith, grounded in a beautiful life testimony, work together to provide great practical instruction, hope and healing. I am confident that she will be a blessing at your next ladies event, workshop, or retreat.

Julie Schaecher
Executive Pastor,
San Marcos, CA



"Jodi did a great job sharing the physical and spiritual need to care for our hearts and temples. I just loved bonding with everyone, praying, worshipping and encouraging each other in our unique walk with Jesus. I highly recommend Jodi to speak at your ladies retreat or wellness workshop."

Fran Clark, RN
Leesburg, FL



"Jodi's experience and passion to help women live abundantly comes through in everything that she does. I have been privileged to work with her as a health coach client and find her pragmatic and faith-based approach life-affirming.

Lora Allemeier
Health Coach Client
Brevard, NC

Hi There! My name is Jodi Thomas.

I am passionate about helping women take care of the ONE body, mind and Spirit God has given them so they can live live to the fullest!!

I am also passionate about helping woman overcome obstacles in their life and learning to SOAR with God , even when life did not turn out the way they planned."



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