

YOUR LOCAL, SMALL BUSINESS

Wellness Guide

YOUR MAP TO SUPPORT LOCAL
SMALL BUSINESSES WITH YOUR
HEALTH IN MIND



By: Kristin Pomroy
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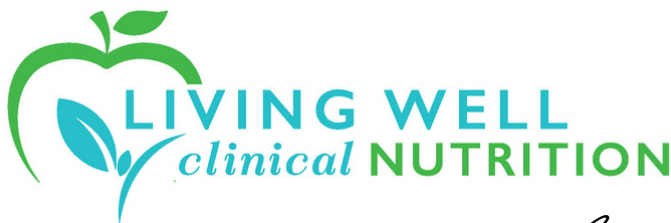
Table of Contents

Living Well Clinical Nutrition	01
Food.Fit.Sunshine	02
Community Call-Outs	03

INTRODUCTION

Hello, I'm Living Well Clinical Nutrition.

We help people find the root cause, unburden their toxic loads, find the nutrient deficiencies and build the cellular level to create true health in the body. With functional lab testing, nutrition response, and pinpointing the allergies that cause us to feel bad, we walk with each patient on their wellness journey to true healing.



Special for
guide readers:
Mention
'Wellness
Guide' for
\$25 off initial
consultation

- Aaron Chapa

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INTRODUCTION

Hey y'all, I'm Kristin Pomroy, Founder of Food.Fit.Sunshine

Food.Fit.Sunshine helps busy individuals simplify their health through real food, fun movement, and a no-guilt approach.

From outdoor group workouts in League City to \$7 printable meal and fitness planners, I make wellness doable—even when life's full.

I believe in less pressure, more joy, and meeting you where you're at.

Get my '7 Days of Meals for the Overwhelmed' planner totally free—just for guide readers!

food.fit.sunshine



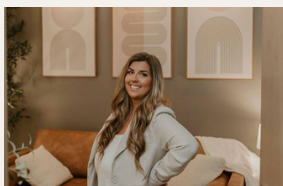
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Community Call-Outs

Wellness Businesses We Found and You Need to Know!



Unwritten Chapters Counseling

I'm Crystal Pike, founder of Unwritten Chapters Counseling in League City. I work with individuals and couples who are tired of walking on eggshells, stuck in the same arguments, or just feeling off in their relationships. My style is honest, laid back, and focused on getting to the heart of what's really going on. I offer in-person and virtual sessions in a space that feels comfortable, safe, and real.

Contact: 346-699-4780

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Interstellar Wellness Group

Bailey Mier-Nava is a Licensed Massage Therapist in the State of Texas specializing in therapeutic massage, a mom of three, and the Founder and Chief Executive Officer of Interstellar Wellness Group. She completed her 500-Hour Basic Massage Therapy instruction and internship with the Texas School of Massage in November 2023. She received her license to practice massage therapy in the state of Texas and founded Interstellar Massage in December of 2023. Bailey has been a serial entrepreneur her entire adult life, with experience across several different industries. She has a strong background in digital marketing, and she was previously PhD-bound in Clinic Neuropsychology before making the change to the bodywork industry. Bailey is leading the charge on developing Interstellar Wellness Group into a nationally recognized disruptive brand dedicated to forcing important changes industry-wide for the benefit of all bodywork patients and providers.

Contact: 281-549-4594



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TJ is a husband and father who was raised by a single mom in South Houston and knows firsthand what it's like to carry more than you can say. A former college athlete and first-generation college graduate, he spent years succeeding on the outside while feeling stretched thin and disconnected inside. TJ left corporate leadership to do work that actually heals; offering therapy for teams & families who feel like they're holding it all together but losing touch with themselves or each other. TJ works with parents, couples, and teens facing pressure, distance, and stress. His therapy creates space to slow down, get honest, and reconnect to what matters. It's grounded, strategic, and deeply human; focused on real-life change, and meaningful connection.



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Contact: 713-487-8340