

# SPOTLIGHT



a weekly feature of the Kennebunk-Kennebunkport-Arundel Chamber of Commerce

## Seacoast Collaborative Wellness based in Kennebunk



**How long has your business been open?**

December 2020

**Your primary service offered:**

Health and Wellness Coaching

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**What makes Seacoast Wellness Collaborative special?**

I have unique expertise with a background as a hospital Clinical Pharmacist. I understand the frustration and overwhelm patients feel when

it comes to health and wellness. This served as my inspiration to open Seacoast Collaborative Wellness. Change is hard but you don't have to do it alone. With my experience, I can also work with your primary care provider to coordinate goals and relay progress for a seamless healthcare experience.



Candace Viola, Founder of Seacoast Collaborative Wellness

**Best thing you do:**

I help make lifestyle changes sustainable. We focus on chronic disease prevention and management through the power of food, exercise, and stress management — all while having fun.

**Something people don't realize about Seacoast Wellness Collaborative?**

Any person can benefit from Health Coaching, regardless of where you are in your wellness journey. Programs are designed and tailored to your unique lifestyle.