



OUR SIMPLE 3-STEP PROCESS:

1. SCHEDULE A FREE CONSULTATION
2. CUSTOMIZE YOUR WORKSHOP
3. MEASURE SUCCESS!



"Growing Wellness delivers the perfect blend of plants, positivity, and personalized experience."-Lindsey

"We are repeat customers of Growing Wellness"-Jill at Armstrong, Indiana, Clarion Drug & Alcohol Commission

GROWING WELLNESS



CONTACT US



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Call or Text



GrowingWellness
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www.GrowingWellness
Consulting.com



Serving Western PA &
Eastern Ohio



TRANSFORMING WELL-BEING



GrowingWellnessConsulting.com

ONE EXPERIENCE AT A TIME

WHY CHOOSE US?

We understand the importance of creating an atmosphere where everyone feels **connected, valued, and inspired.**

Growing Wellness is a certified Public Health Consulting Agency. Founded in 2022, Katie Gassner brings over 19 years of expertise in prevention and treatment, delivering unmatched impact.



SCAN HERE
TO CONNECT



WHY SUCCULENTS?

Succulents symbolize **resilience, adaptability,** and they have the ability **to thrive** in challenging circumstances —**just like people.**

At Growing Wellness, we nurture these qualities, and empower individuals to **grow** and **flourish.**

TAILORED TO YOUR THEME & DELIVERED AT YOUR LOCATION



MAKE & TAKE



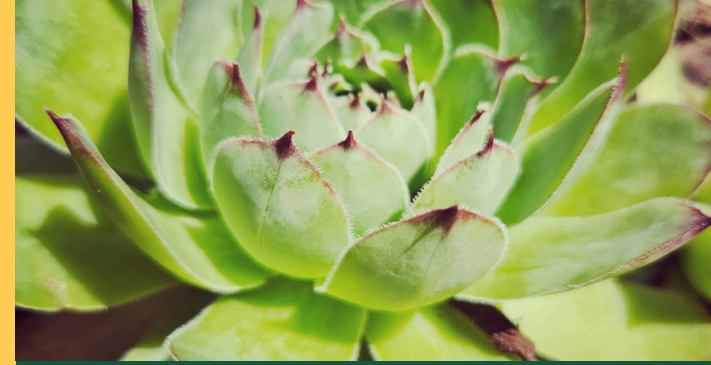
YOUTH WORKSHOP



BUSINESS



CONFERENCE



ROOTED IN WELLNESS

Like plants, people thrive with the right care and supportive environments.

Growing Wellness utilizes the science and well-known benefits of nature to help **lower stress, boost mood,** and **strengthen** well-being.

Our signature **Succulents & Self-Care™** Program parallels plant care with self-care, fostering resilience and growth.

