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Berks Counseling Center



Elizabeth
Fortuner

Recovery Awareness Month in September highlights the strength of individuals overcoming addiction and mental health challenges. It's a reminder to reduce stigma, promote understanding, and support accessible treatment options that can truly make a difference.

Elizabeth Fortuner oversees Marketing, Communications, and Community Relations at BCC, where she leads strategies to enhance the organization's visibility, engagement, and community connections. Elizabeth is passionate about fostering meaningful relationships and promoting BCC's initiatives. For inquiries, event collaborations, or to share ideas, please contact her at 610.373.4281 *4209 or efortuner@berksc.org.

Berks Counseling Center at 645 Penn Street, Reading, PA, offers essential services such as counseling, peer support, and medication-assisted treatment to help people on their recovery journey. Together, we can create a community that celebrates hope, resilience, and recovery for everyone.

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BREANNA ANGSTADT INTUITIVE TRANSFORMATION COACH



Find the Root Cause to **why** you're
overweight & find out **why** you're stuck.

ABOUT ME

Breanna Angstadt is a Certified Integrative Nutrition Health Coach, Life Coach, NLP Master Practitioner & Personal Trainer.

Breanna spent most of her life overweight, diet hopping whilst battling eating disorders. After many years of trial & error, seeking help & transforming her mindset, she not only surpassed her health & fitness goals, but then went on to inspire others to transform their own lives. After founding the successful Just B Whole Body & Wellness Coaching, Breanna has used her experience, education & intuition to coach women around the world transform their mindset as well as their physique. When you focus on the bigger picture, beyond the number on the scale & heal your body as a whole, weight loss becomes a **SYMPTOM** of your **SUCCESS**.

DOES THIS SOUND LIKE YOU?

- Losing weight feels **impossible**.
- Nothing works no matter what you try.
- All you think about is food.
- You obsess over your weight.
- Everything you do (or don't do) revolves around your weight.
- You're tired & defeated but you're still willing to do what it takes to lose weight & be **DONE**.
- You're ready to try something different so that you have different results.

Being overweight isn't your "problem". Being overweight is a **SYMPTOM** or a byproduct of a **problem** you're not addressing or perhaps not even aware of.

It's my job to find it.

JustBwhole.com

JustBwhole@gmail.com