

Revital Resources

Lifesaver Wellness

Wellness Coaching



It is the mission of Life Saver Wellness is to respond to the mental wellness needs of law enforcement officers, firefighters, paramedics, 911 dispatchers as well as military and emergency medical personnel. Utilizing a realistic yet unorthodox approach to stresses and concerns of our first responders, Life Saver offers unique and proven methods to combat the effects of chronic stress and trauma on the mind and body.

Coaching to Improve:

- Mental Clarity
- Ability to fully engage in life
- Improved relationships
- Ability to trust your own judgment
- Unstoppable Mindset
- Freedom from tension
- Ability to make yourself a priority
- Manageable work/life balance

Pricing information:

Find pricing on the website and please mention Revital.

Contact Information:

To learn more visit the website <https://www.lifesaverwellness.com/> where you can fill out the contact form. You can also download the Life Saver Mobile App which has a ton of on and off duty resources.

You can follow on Facebook @lifesaverwellness and on Instagram at lifesaver.wellness.
