



Irene S. Klotz, LMSW, CPT - Counseling
Health Advocacy | Therapy | Life Coaching
Licensed Social Worker

Keeping Life Balanced

... Is a New York State licensed program of **health advocacy, innovative therapy, and life coaching** for **children, teens, students, adults, seniors, and family members** established to bridge the crucial gap of time-limited communication between you and your medical provider and to provide emotional support and clarity for health issues and life's challenges. It can be part of or separate from your regular medical appointments.

KeepingLifeBalanced is my commitment to you to provide direct services tailored to your emotional and personal needs. In my experience, counseling services work best when we work together to focus on specific goals. Your involvement in setting these goals fuels your incentive and motivation for the change you seek. It is above all, our therapeutic alliance and ongoing relationship that fosters your progress.

You'll have a safe place in my Riverdale office, at home, at your doctor's office, via Face Time or Skype to question your health care, resolve your emotional challenges, examine your life encounters, and stretch yourself to realize lasting change. You'll have a **Plan of Balance** to define and achieve specific goals to relieve a single impasse or problematic logjams that have you stumped. You'll renew your self-esteem, nurture your dreams, discover lost aspirations and **see yourself in a new way!**

Together, we can:

- **Inspire** renewed energy to dispel tired anxieties that resonate within
- **Clarify** health related medical research in language you can understand
- **Enable** navigation of complex medical systems and health care community
- **Facilitate** interaction during time-limited, fast-paced medical appointments
- **Foster** family discussion of sensitive health issues with empathy and tact
- **Provide** innovative health care concepts and 'outside the box' solutions

Don't let health issues or life challenges knock you off balance. Find out how you can change your life story for the better and regain your balance. **Call me today** at **917-796-4456** or **718-708- 4188** or **contact me by Email: Irene@keepinglifebalanced.org.**