



Rae Anne Jammer, D.WWHP, OHSA
Professional Wellness Coach
Workplace Health Consultant

In 1989 at the age of 25, Rae Anne began her personal wellness path after suddenly being diagnosed with a rare autoimmune blood disease called ITP. The coming years were consumed with prescription drugs, experimental treatments and surgeries, and in her struggle to regain control of her health, Rae Anne's marriage failed and she lost her 10-year career as a Marketing Manager due to the overwhelming side effects of the disease and its many treatments.

After four years, Rae Anne's condition deteriorated drastically and the doctors were no longer able to stabilize her. It was at this time that she redirected her efforts to achieve wellness by focusing on a holistic lifestyle and the "whole person health" model. With the help of many wellness professionals, the support of her family, and a strong sense of commitment and will, in 1997 Rae Anne accomplished her goal and found a level of health and well-being that far exceeded anything she had known before. She has been cured of ITP ever since.

Although she thought her battle was over, in May 2002 Rae Anne was again diagnosed with another autoimmune disease...Systemic Lupus Erythematosus. Medications and treatments started once more, but thanks to her longstanding commitment to a wellness lifestyle, Rae Anne enjoyed a complete remission from SLE from January 2003. After a brief relapse in the summer of 2006, she's in remission again.

Today, Rae Anne's a Professional Wellness Coach, Fitness Trainer, Certified Workplace Health & Safety Professional, and a member of the National Wellness Institute and the Employee Assistance Professionals Association. She's also trained in Anatomy & Physiology, Nutrition, Pharmacology, Acupressure, Therapeutic Touch, and a variety of other health and wellness topics. Dedicated to helping others achieve optimal health and well-being—at home and at work—Rae Anne's work is based on the Whole Personal Health Model and the Six Dimensions of Wellness, emphasizing prevention and individual self-responsibility through education, behaviour change and skill development.

Rae Anne owns and operates Pathways Health Promotion which first opened in Barrie in 1996, and offers corporate wellness programs, group workshops and personal wellness coaching. Areas of specialty include stress management, work-life balance, team-building, conflict resolution, communication skills, motivation and self-esteem, weight loss, nutrition, fitness, coping with chronic illness, and general lifestyle wellness. Through education, motivation and support, Pathways Health Promotion coaches people to live healthier, live longer and live better by making healthier lifestyle choices every day.

Pathways Health Promotion delivers their **StressSmarts®** and **Get Healthy, Well-thy & Wise® Workshops**, as well as their **WellStart™ Personal Wellness Program** and **Live Well. Work Well.™ Corporate Wellness Program** to employees and individuals across North America.

Rae Anne resides with her husband, Clint, on a beautiful country property in southern Ontario.