



Dr. Jenna ZELLars

Keynote Speaker

Life Coach

Health & Wellness
Expert

Chiropractor

I had the pleasure of attending a wonderful event led by Dr. Jenna Zellars. She led us through a beautiful meditation, we discovered beliefs we had about ourselves that hold us back from being who we were designed to be.

We went into self-discovery & what is our purpose here. We had a wonderful lunch, met other amazing women, and ended the day with a champagne toast. I have attended multiple weekend seminars for self-improvement in the past. I got so much more out of one day with Jenna! Both her openness and the energy in the room were truly inspirational!

If you are struggling to find your purpose in life. Or you have blocks getting in the way of your awesomeness you have got to go to one of Jenna's events!!

~Cara-Noel Noggle

MEND YOURSELF WELL

BODY | MIND | SOUL

mendyourselfwell.com

ABOUT Dr. Jenna ZELLARS

Dr. Jenna is a Doctor of Chiropractic, a Certified Clinical Nutritionist, Life Coach and the CEO/Creator of Mend Yourself Well.

Her personal mission is to love humanity with all her heart; serve to the greatest capacity using her God-given gifts; teach what she knows to be true in ways others can understand and apply to their own lives and lead by example!

Dr. Jenna strives to live every day in a way that impacts others both locally and globally. The mission of Mend Yourself Well is to impact the world by sharing transformational self-care and self-love practices, empowering a world-wide movement of lasting hope, healing and harmony!

Dr. Jenna regularly shares her message by hosting the popular 'Mend Yourself Well' podcast and has enjoyed speaking at various venues throughout the years.

Her calm demeanor and relatable communication style equip her to reach audiences in personal ways.

CONTACT DR. JENNA



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AS SEEN IN:



RECENT SPEAKING ENGAGEMENTS

- Empowering Women with a Dream
- "Mending Future Generations Well Starts with You"
- "Aligning Future Generations Starts with You"
- "From Parker to Practice" Alumni Speaker at Parker University
- Keynote Speaker at Nutriservice Conference

WHAT OTHERS SAY ABOUT Jenna...

"Jenna is helping me provide a map to my brain and a map to my soul and spirit and what I truly want to do with my life! You are doing exactly what you are supposed to be! I appreciate your help and I feel so lucky to have you in my life!"

-Stephanie Halvorsen

"I had the privilege of listening to Dr. Jenna present at the 2017 winter Nutriservice conference on 'Future Generations Aligning with You'.

She used the imagery of a bank account and explained that our bodies are constantly making withdrawals and deposits from our health accounts based on a wide variety of factors. The message was clear and its information that I continue to reflect on many months later. I've never heard my overall health explained in such a clear and relatable way."

-Erica Carlson

There is more laughter and positivity in my home. There are more smiles and pleasant conversations in the office. Even my co-workers have even mentioned the change that they see in me. There is more of a desire to reach for goals I never imagined having. In just four weeks! I'm going full speed in the right direction and not looking back.

-Tamara Williams

I first reached out to Dr. Jenna in hopes of helping me find a job as I was currently working in another state. She knew my goals and aspirations were to open my own clinic at some point and encouraged me to do so right away. She went above and beyond physically going to look at spaces for me and giving me feedback.

Who does that?! Jenna did. Starting a business is a big risk and comes with a lot of stress, but Dr. Jenna reminded me that I had all the tools I needed, and I was meant to fulfill my dreams. She was instrumental in helping me take my first steps toward doing so. When I arrived in Texas, we sat down and brainstormed my ideal practice based on my philosophy, goals, hopes and dreams. Today I write this four weeks into practice and can say that things are going wonderfully. I have never been so happy and excited. I highly recommend getting in touch with Jenna if you are looking for personal guidance whether you are wanting to change your health, your career, or even just want to find peace within!

What I love most about Jenna is how vulnerable she is in sharing her experiences and what she has learned so the road may be a little less bumpy for the rest of us. Definitely check out her podcast as well as she has some great gems of advice and reminders that we need to hear daily. Jenna has a huge heart and is doing what she is meant to do which is why she is such a great health coach and mentor. To say the least, I am grateful for her guidance which is why I am recommending her.

-Dr. Demetra Mydlo, Chiropractor/Owner Of Whole Hearted Chiropractic



PURSUE YOUR POTENTIAL PODCAST

In July of 2017 Dr. Jenna launched her first podcast – “Pursue Your Potential”.

With just 17 episodes released “Pursue Your Potential” had **over 1700 downloads** from more than **8 different countries**.

Pursue Your Potential focused on helping women discover what they are truly capable of and start achieving their life's goals and dreams.

THE MEND YOURSELF WELL PODCAST

Jenna's brand-new podcast that launched Jan. 2018 has far exceeded expectations.

With interviews booked out months in advance with a variety of practitioners, coaches and teachers, this podcast has truly become a movement!

MY AUDIENCE

80%
women

59%
AGES 25-44

THEY ARE FOCUSED ON:

Health & Wellness

Self-Care

Personal Development



BOOK ME FOR SPEAKING EVENTS!

I am available for travel, conferences, large or small events and interviews.

Phone:

Email: support@mendyourselfwell.com

Subject: BOOK EVENT