

## MEMBERSHIP OPTIONS AVAILABLE

### ANNUAL MEMBERSHIP \$500 (\$600 value)

- Quarterly coaching session of your choice
- Quarterly workshop
- Quarterly newsletter & booklet
- Free life-coaching consultation

### SEMI-ANNUAL MEMBERSHIP \$300 (\$370 value)

- 2 coaching sessions of your choice
- Quarterly workshop
- Free life-coaching consultation

All programs offered  
in person or via Zoom.

Call for an appointment!  
**239.244.3912**

## ABOUT THE FOUNDERS



PASTORS & DR. GASPAR & MICHELE ANASTASI

Pastors & Dr. Gaspar and Michele Anastasi founded Breaking Free Wellness Center in September 2020. With more than 40 years experience counseling couples as well as individuals with great success, they decided to extend their God-given gift to you. When you choose Breaking Free Wellness Center for counseling or life coaching, you place your heart in their capable and compassionate hands and those of their trusted and certified staff.

Michele Anastasi is a Certified Christian Life Coach, and Gaspar Anastasi holds Doctorates in both Theology and Christian Counseling.

Counseling and Coaching are available in person or via Zoom. Call to schedule an appointment!



**239.244.3912 | [BreakingFreeCC.com](http://BreakingFreeCC.com)**

1520 Royal Palm Square Blvd, Suite 320  
Fort Myers, FL 33919



Scan with your  
camera  
to access our  
website.

# YOU CAN BREAK FREE AND LIVE WELL



Faith-Based Counseling & Coaching



**Breaking Free Wellness Center is founded on the belief that God can set you free from all issues that affect your life.**

**We offer:**

## **INNER HEALING**

Our inner healing program, Stop Hurting Start Healing, will help you break free from past trauma, difficult emotional issues and equip you to lead a healthy life. We highly recommend inner healing if you're dealing with issues like:

- **Depression and emotional hurts**
- **Divorce**
- **Grief, loss and disappointment**
- **Destructive lifestyle patterns and addictions**
- **Faith and spiritual crises**

## **COACHING**

Helping you achieve your destiny

### **MARRIAGE COACHING**

If you're married, Breaking Free marriage coaching will help you and your spouse to reach your highest potential and leave a great legacy.

### **LIFE COACHING**

With the help of one of our certified life coaches, you can overcome cycles of failure and achieve success, peace and healthy relationships.

### **MARKETPLACE COACHING**

Breaking Free will connect you with accomplished business owners and corporate CEOs who will help you set a path to your own life and business success.



Do you have trouble achieving or maintaining a healthy weight and lifestyle? Engage our Fit & Free Christian Weight Loss Program in your battle! We'll help you break free from unhealthy habits and equip you with the tools you need for a "Fit & Free" future!

## **BIBLICALLY BASED COUNSELING**

### **ONE-ON-ONE COUNSELING**

Give Breaking Free a call today, and our credentialed Christian counselors will help you build your life on a strong spiritual and emotional foundation.

### **PREMARITAL COUNSELING**

Prepare for a happy life together by learning the sound, godly principles necessary for a successful marriage.

### **CRISIS MARRIAGE COUNSELING**

Are you and your spouse ready to call it "quits"? Please see us before you give up on your marriage.

