

I N T R O D U C I N G

# Walk & Talk Therapy



*“Are you a person who wants to achieve well-being, yet are challenged to find the time to fit it all in?”*

*Are you wanting therapeutic support, yet are challenged by sitting still in an office for an hour?”*

*“Are you wanting a mindbody counseling approach to help and support you through the everyday stressors of life?”*

**“The journey of a thousand miles begins with one step.”**

**Lao Tzu**

It's been around for a decade, yet few therapists in Northern Virginia offer this type of therapeutic support. Walk and talk therapy is an innovative form of behavioral health integrating counseling, movement and nature with the intent to strengthen mental fitness, physical fitness and the mind-body connection. This is appropriate for individuals needing support with life issues, and are wanting a fitness based therapeutic approach to well-being. All programs are customized to meet the individuals' needs.

**Suzanne Nixon, EdD, LPC, LMFT**

Licensed Professional Counselor & Integrative Health Coach,  
is happy to be adding this new therapeutic service to her practice!

**For more information contact Suzanne at 703.729.0505**

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