



# Dr. Jenna ZELLARS

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Keynote Speaker for  
your conference

Chiropractor & Life  
Coach

Health & Wellness  
Expert

*"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

# MEND YOURSELF WELL

BODY | MIND | SOUL

[mendyourselfwell.com](http://mendyourselfwell.com)

## ABOUT Dr. Jenna ZELLARS

Dr. Jenna is a Doctor of Chiropractic, a Certified Clinical Nutritionist and Mend Yourself Well mentor.

She is the owner and operator of Your Chiropractic Wellness Shoppe in Rockwall, Texas where she spends her days helping people discover the health and happiness that comes through Chiropractic Wellness Care.

Outside of her office, Dr. Jenna strives to live every day in a way that impacts others and is always working behind the scenes on entrepreneurial pursuits that will enrich people locally and globally.

She is passionately committed to sharing an informed message of hope, health and happiness with those she meets.

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

- "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



## PURSUUE 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](mailto:support@mendyourselfwell.com)

Subject: BOOK EVENT