



## A Touch of Kismet

### **Andover's Premier Wellness Center offering Yoga, Day Spa Services & Massage, Wellness and ADHD Coaching, Kickboxing, Martial Arts and Highly-Energized Zumba dance classes!**

As the rhythm of *Zumba Dance with Amy* echoed through the earth tone walls of the Andover Kismet Wellness Center it enticed me to start moving my hips and feet a little faster each time. For many women, this was their first Zumba class, and the energy was ecstatic. As Amy started out by showing us basic reggeaton, salsa, cumbia, and merengue dance aerobic moves, I noticed that people were catching on to the beat in no time. Amy's infectious energy and clear instructions encouraged you to sweat it out a little more and feel your abs and thigh muscles working to the Cha-Cha-Cha! With just an hour workout I felt my entire body had been "awakened" and I could feel that a change was happening. I knew immediately I was "connected" and I couldn't wait for another class.

While I relaxed in the peaceful foyer and cooled down with a bottle of fresh mineral water, I noticed the detail and calming colors of the wellness center, located at 204 Andover Street in Andover, MA. As I started to unwind, I was happily greeted by the owner Helene who shared with me the news that the Kismet Wellness Center located in the converted Ballard Vale Mill built in 1836, was completely redesigned, carefully hand crafted and officially opened on April 9, 2008. It was a labor of love and a dream of her daughter Bridget Fletcher to open a wellness center that embraced her vision and needs of the community.

The Kismet Wellness Center offers a variety of holistic health services ranging from Yoga to Zumba dance and soothing massage and spa services in between. There is something for everyone here and the whole family can enjoy a peaceful retreat right in their own backyard.

One of these services Kismet provides is Wellness and ADHD coaching with *Diane Ladd's ADD to Life Coaching*. Diane works with smart and capable children, teens and adults who are overwhelmed, scattered and want to lead more healthy and fulfilled lives. When working with Diane, her clients experience an appreciation of their own unique learning style, which in turn increases their self esteem and a renewed feeling of self reliance. Diane helps individuals with time management skills, allowing them to do

all the things they love to do with ease. As a result, they develop the motivation to complete projects and activities that challenge them on a daily basis. At Kismet, Diane offers coaching one on one and holds various coaching groups, support groups and workshops.

In addition, the center seeks to provide convenience to families by offering programs for both adults and children that operate concurrently as well as strives to maintain an environmentally friendly facility and maintains standards for the types of products sold and used at the center.

All the classes are led by expert, certified instructors and are geared toward the levels of experience that each group is comfortable with. Kismet is a place where you want to take your family and friends. It's welcoming atmosphere and the staff's genuine love of health and wellness is abundantly clear the minute you walk through the door. With our busy lifestyles, it is well worth the trip to spend some time relaxing and taking care of your health. In the true nature of the word "Kismet", it's time to find the path to your destiny of true health.

#### **About the Kismet Wellness Center**

Kismet is Andover's premier wellness center that offers programs for every member of your family. Kismet's mission is to encourage mind and body fitness in an environment that allows you to determine and accomplish your wellness goals. Founded in 2008 by Bridget Fletcher and Tom & Helene Quinlan; it is a place that appreciates the benefits of a health-focused lifestyle and promotes wellness by offering a variety of programs for all ages. Welcome home to *exactly where you're supposed to be*. Visit us any time at [www.kismetwellness.com](http://www.kismetwellness.com).

#### **About Amy Fournier**

Amy Fournier; a certified ZUMBA instructor and personal trainer with extensive experience, offers a range of Zumba classes, from kids to adults and novices to experts. If you want to feel alive and invigorated and learn from the best, attend a *Zumba Dance with Amy* class and you will feel the rhythm of life move you to great health. To learn more about Zumba and a schedule of her classes, please visit <http://www.kismetwellness.com/zumba/amy>.

#### **About Diane Ladd**

[www.addtoliofecoaching.com](http://www.addtoliofecoaching.com)

[www.meetup.com/Andover-ADD-Support-Group](http://www.meetup.com/Andover-ADD-Support-Group)

Diane is a personal, professional ADHD Coach and founder of ADD to Life Coaching. She comes to coaching with 20 years of experience of working in the fitness industry as a fitness instructor, water fitness instructor and personal trainer. Diane is an ADD fitness expert and Reiki Master. Her health and fitness knowledge is valuable as parents; teachers and Adults learn how ADD can be managed with nutrition, exercise,

meditation and other lifestyle adjustments. She's a trained coach with The Coaches Training Institute, trained in ADHD by Dr. Ned Hallowell and Dr. John Ratey, a member of the International Coaching Federation, ADDA, CHADD, New England Coaches Organization and the ADHD Coaches Organization.

**Written by:** Stephanie Checchi, a Holistic Marketing Consultant with BlueSky Marketing, [www.blueskymktg.net](http://www.blueskymktg.net) / [shecchi@blueskymktg.net](mailto:shecchi@blueskymktg.net)