

Mr. Jeffery B. Johnson, MBA, CAS



Mr. Johnson was an Analytical /Environmental Chemist for nearly 10 years before founding the Noirventures Group LLC., an Executive Protection firm that specialized in High Risk Protection. During the 20 years of operation, Mr. Johnson and his firm had the opportunity to

work with companies such as Alcatel-Lucent, Greyhound Bus Lines, Zales Corp., and others. Mr. Johnson has also served as a peace officer for the State of Colorado and is a member of the Anti -Terrorism Accreditation Board (ATAB) and is a Certified Ant-Terrorism Specialist. Throughout this time, Mr. Johnson has always had an interest in health and wellness as fitness for duty was non-negotiable.

It was after the loss of a close relative that Jeff decided to take a look at the existing health and wellness programs which were available. To be successful at changing one's lifestyle permanently, Mr. Johnson found that a team would be the formula for success and A Better Way Lifestyle Management Program was born.

Dr. Anita M. Pembleton, PhD, LMHC, CFLE, LPCB

Dr. Anita Pembleton is a Psychologist, Licensed Professional Counselor, Licensed Mental Health Counselor, and Certified Family Life Educator. She currently holds the position of Director of AP Family Life Educational Counseling and Consulting.



AP Family Life Educational Consulting is a mental health organization which helps individuals deal with life issues. The organization offers services, which includes counseling and educational training for individuals and families. Due to her many licensures, Dr. Pembleton is certified in a number of specialty areas. These areas include: Attachment Disorder, Attention Deficit Hyperactivity Disorder, Play Therapy, Anger Management, Anxiety Disorder, Marriage and Family, Stress Management, Resiliency Treatment, and Reunion Reintegration after Deployment.

Dr. Pembleton holds a Bachelor's degree in Business and Psychology from University of Maryland, a Master's degree in Counseling and Psychology from Troy University and a PhD in Behavioral Health from the International University of Graduate Studies

Laurie Larson, Certified Master Trainer and Nutritionist



As a former professional dancer, Laurie has over 30 years of experience teaching dance and fitness and continues to "walk the walk" as a physique competitor, bringing home yet another overall title this past summer at the age of 49! She has an Exercise and Sports Science degree in Wellness Program Management and her years of working as the wellness director at Hewlett Packard and personal training and lifestyle coaching, have allowed her to help thousands to reach their unique fitness goals. A mother of three, who has also fought weight issues and undergone accident rehab herself, Laurie has a true understanding of a client's complex circumstances. As a full-time, advanced health and fitness weight-loss specialist, lifestyle coach and competitor, Laurie loves to find ways to share her passion helping people to get healthy!



"A Better Way"

LIFESTYLE MANAGEMENT PROGRAM

- Custom -Designed Weight-Loss and Stress Management Program
- Covered by MOST insurance Programs
- Personal Success Team for each client
- Requires NO program foods or drinks

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WWW.LOGICALLIVING.ORG