



Aneesha Kelly is the CEO and founder of PURPOSE Health & Wellness LLC. She is a proud native of the historic "Rondo Neighborhood" located in St. Paul, MN. She has a double Master's in Social Work (MSW) and Holistic Health Studies, a license in Alcohol & Drug Counseling, a certificate in Public Health, and a certified Pharmacy Technician. PURPOSE Health & Wellness takes a holistic approach to addressing mental health with extensive training in trauma. Trained in Dialectical Behavioral Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR) Therapy, and as a Critical Incident Stress Consultants (CISM) she has been able to train, educate, and teach on breaking cycles of generational trauma in individual, group, family settings, and passionate about transforming lives.