



CONTACT DETAILS

- LOCATION: 6140 Highway PMB 184 Missouri City, TX 77459
- EMAIL: info@bewellhealthresources.com
- PHONE: 713-678-0216
- WEBSITE: www.bewellhealthresources.com
- FACEBOOK: [@bewellhealthresources](https://www.facebook.com/bewellhealthresources)
- INSTAGRAM: [@bewellhealthresources](https://www.instagram.com/bewellhealthresources)
- TWITTER: [@BeWellResources](https://twitter.com/BeWellResources)

**Dr. Kayce
Solari Williams**

**Jenai
Tidwell, LPC-S**

Be Well Health Resources

Holistic Wellness Consulting

Who are we?

Be Well Health Resources, LLC (Be Well) is led by co-founders Dr. Kayce & Jenai. Dr. Kayce Solari Williams is a professor at tier 1 university in Houston and a fitness expert. Jenai Tidwell is a licensed professional counselor supervisor and entrepreneur. Dr. Kayce & Jenai formed Be Well in 2018 with a shared mission to provide individuals and communities with education about holistic health and connections to comprehensive wellness resources. Be Well is committed to providing a pathway to wellness for all people. Living a healthy life should not be determined by how you look, where you come from, who you choose to love, your abilities, or your financial status. Everyone deserves to be well.

Our wellness trainings

Be Well offers a variety of worksite wellness programs that are tailored to the specific needs of each client. We tackle issues that impact every employee, which will help them learn to improve their well-being, health, and productivity. We offer virtual options as well. Contact us to get a custom plan and quote that is made to fit your company and your employees needs.

Who we've worked with:

- Hope Over Hurt
- Baker Ripley
- Alief ISD
- FitMix Communities
- CTED (Community Teacher Equity Development Program)

COLLABORATIONS AS OF FEBRUARY 2022

315 Individual Trainings

298 Corporate Trainings

300 Community Trainings

