



## NORTHAMPTON CLINIC – THERAPIST BIO

For more information visit our website [www.northamptonclinic.com](http://www.northamptonclinic.com) or call 01604 632232

Felicia Jones



Felicia is a Nutritionist (BSc) and Stress Management Trainer (Dip). She works with a range of conditions, but specialises particularly in sleep problems, tiredness, low mood, headaches, weight issues and stress.

Prior to graduating from the University of West London, Felicia worked in public health (NHS weight management, Diabetes UK, Health Watch and Age Watch) and the social sector for 10 years. After studying and understanding the impacts of stress, in addition her own health challenges, she combined this discipline in to her nutrition practice to provide a fully integrative and robust service.

Felicia's practice is foremost about working collaboratively with you and starting at a pace that you're comfortable with. She therefore, offers a free 15 minute free consultation to see if the service is right for you. Felicia believes that if we are able to eat and sleep well, and manage out stressors then we can truly live well and this is what she tries to embody in her own life.