

# Contact Us

Thank you for stopping by...

If there is a topic you would like to see discussed on Thriveforreal.com, please drop me a note at Lisa@thriveforreal.com

If you are interested in holistic wellness guidance in the Muskegon area, please contact me at 231-288-7221 or the email above (include "appointment" in your memo line, please).

Thrive for Real, LLC, is located in Suite 205 at 255 Seminole, Muskegon, MI 49444 – right next to Muskegon Yoga. Hours by appointment at 231-288-7221.

Check out our [Facebook page](#), too.

If you live along the beautiful Western Michigan Shoreline, please visit the [Nourishing the Lakeshore Facebook page](#). We'd love if you would join us for a free informational meeting about traditional healthy eating.

