

OUR OFFERINGS

- Group or Solo Health and Wellness Coaching & Training
- 9-Week Online Weight Loss Programs for Women
- Wellness Workshops
- 6-Month Healthy Lifestyle Groups
- Worship Workout Events



Jennifer Allen has 20 years experience as a Christian and 10 years experience in the fitness industry. When it comes to physical training, she sees it as an opportunity to live life to the fullest. It is an extraordinary opportunity and gift to learn how to listen and be present with your body. Jennifer believes that training the physical with the spiritual is vital to our journey to health.



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CrossPointClinical.org

Many of these services are offered online.
Please see the EVENTS section of our website
for details.



Wellness Services Offered at CrossPoint



Redeeming Mind, Body And Spirit

HEALTH & WELLNESS PROGRAMS

Gain the skills you need to live a
God-designed life of purpose



WORSHIP WORKOUT EVENTS

Many Christians today struggle with health challenges and they don't know how to deal with them spiritually. At CrossPoint Clinical Services we provide the missing element. We believe that you can't train the body without training the spirit. This is the missing link in the wellness industry.

We provide worship and workout experiences for churches to build faith, unity and increase awareness of the need for spiritual and physical wellness. We assist church leaders in meeting this very personal and sensitive need with skill and professionalism. Speak with us about your needs and we'll provide an exceptional experience for you.



MIND, BODY & SPIRIT

Do you struggle with weight loss? Do you sometimes feel an emotional hunger that affects your relationship with food? Are you stuck in emotional eating, guilt and shame? We can help you break this vicious cycle through spiritual principles that will change your life.



HEALTH & WELLNESS COACHING

Do you thrive with more personal attention? With one-on-one coaching we'll explore the physical, emotional and spiritual parts of your life. Together we'll set goals to shift your habits - helping you understand how to make the best decisions to grow spiritually & physically.