



*"I want to Live Free & Breathe Free!"*

Bethany Cole founded The Healthy & Wise to inspire others to know their rights, keep their businesses open and to empower them to take action and fight back against tyranny. We promote freedom and truth.

The Healthy & Wise is a grass-roots community that inspires others to take action and come together to create positive change.

You can follow Bethany on social media or come see her in person at weekly meetings (Monday evenings at 6pm) and rallies where you can help defend freedom, liberty and truth.

**By inspiring others to take action and by providing my research, hundreds of The Healthy & Wise(ers) have taken action and these are the awesome results!**

\*Archuleta County Commissioners signed a Resolution which Reaffirmed their Constitutional duties and their commitment to protect our freedoms

\*Mask Mandate was not instituted in Archuleta County, CO

\*Criminal Trespass charges were not implemented in Archuleta County, CO

\*We got the Town of Pagosa Springs, CO to drop their unlawful state of emergency

\*We were able to remove the portable signage with Covid messaging

\*Natural Grocers removed their unlawful policy that only allowed muzzled people to enter

[www.thehealthyandwise.com](http://www.thehealthyandwise.com)