



CHOSEN FAMILY

— WELLNESS SERVICES —

Compassionate Concierge Support
for GB&Q Men (gay, bi & queer)

*You don't have to
navigate life's transitions alone.* 

Chosen Family Wellness Services provides personalized, affirming support for GB&Q men seeking greater connection, independence, and well-being.

Whether navigating aging, recovery, grief, illness, major life changes, or simply wanting a trusted companion, our services are designed to help you **thrive**.

SERVICES INCLUDE



COMPANIONSHIP & WELLNESS VISITS

- Meaningful conversation and connection
- Emotional support
- Check-ins and wellness visits



APPOINTMENTS & COMMUNITY

- Transportation to appointments
- Grocery shopping and errands
- Social outings, coffee, museums, parks, and community events



MIND-BODY WELLNESS

- Breathwork and relaxation practices
- Guided meditation
- Life coaching and personal growth
- Stress reduction and nervous system support



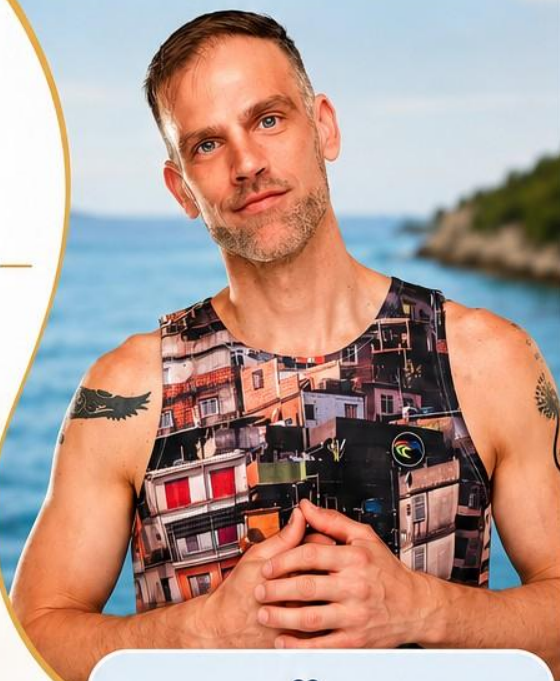
LIFE SUPPORT

- Organization and life planning
- Goal setting and accountability
- Support through transitions, recovery, and grief
- Personalized wellness plans



ABOUT CHAD PUTMAN, MSW

Chad Putman is a wellness coach, breathwork facilitator, and Master of Social Work dedicated to helping GB&Q men cultivate meaningful connection, resilience, and whole-person wellness through compassionate, relationship-centered support.



WHO WE SERVE

GB&Q men (gay, bi & queer) who value compassionate, affirming support and wish to remain engaged, connected, and living life on **their own terms**.



Ideal for individuals experiencing:

- ♥ Life transitions
- ♥ Recovery and rebuilding
- ♥ Social isolation
- ♥ Aging independently
- ♥ Grief and loss
- ♥ A desire for greater purpose, wellness, and connection



NOW ACCEPTING NEW CLIENTS

Beginning September 2026



COMPLIMENTARY
CONSULTATION AVAILABLE



NOW SERVING ST PETERSBURG & TAMPA METRO, FL



Chad Putman, MSW
Chosen Family Wellness Services
MakeYourItHappen.com



(518) 225-0957



Chadputman1@gmail.com



Serving St Petersburg &
Tampa Metro, FL

*Because family
isn't always who
we're born to—
sometimes it's who
walks beside us.*

