

Cortland County Business Spotlight

Business Name: InnerVision Wellness LLC,
Founded by owner Tracy Frenyea.

Industry: Health & Wellness

Years in Business: 1+
Company History:

The idea for a wellness business began when Tracy was earning a master's degree in therapeutic recreation at SUNY Cortland a few years ago. One thing she's skilled at is creating a vision for her business, so naturally the name became InnerVision Wellness LLC!

Why Cortland?:

Tracy has worked at SUNY Cortland for 10+ years and hopes to make the transition to full time solopreneurship in the future. She is eager to connect with and support other health and well-being entrepreneurs in town, as she strives to create abundant health and well-being resources for the people of Cortland and its surrounding communities.



InnerVision Wellness LLC



— What's your vision? —

Reiki Energy Therapy
Therapeutic Leisure
Wellness Coaching

MyInnerVisionWellness.com

