



# Tired? Stressed? Need a boost of motivation?

Everyone needs extra help now and then.

Together, you and your Health Coach make an actionable plan to help shift your habits and reach your health goals.

Sessions are available in person, online, or over the phone and **are always free.**  
**Always.**

A coach can assist with...

- Managing stress
- Creating healthy habits
- Improving physical activity
- Stress management strategies
- Life transitions
- New diagnoses
- Community building
- Celebrating your progress

Schedule your appointment by calling **888-801-8372** or scan to see clinic location information nearest you.

