

# Health Coaching

## Get Started on a Healthier Path & Earn \$200 for taking care of YOU!

Our Certified Health & Wellness Coaches are here to help you set goals and make positive changes in your life.

- Meet with your coach 4 times within 3 months
- Complete your Pre & Post Personal Health Assessment and Quality of Life form to earn \$200\*
- Health Coach will contact you to get started



*“Wellness Encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.”*



Questions? Contact:  
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