



**BERKSHIRE HEALTH GROUP**

## *Wellness Coaching*

**Earn Up to \$250 for Taking Care of Your Health**

**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 (30 min phone calls or through Zoom) within 3 months

Complete your Pre & Post Personal Health Assessment and Quality of Life Form

A Health Coach will contact you to get started

**To get started:  
Contact: Richard Butler, BHG Wellness Coordinator  
(413) 445-9193, rbutler2@bhs1.org**