



YOU CAN!

Wellness Coaching Program

It's so hard to have a healthy lifestyle!

I know what it's good for me but I don't know how to make it a lasting change!

GOAL



Want to overcome your challenges and master health and well-being to make changes that last? Need help with motivation and follow through?

Join YOU CAN! Wellness Coaching Program and Health Promotion will help you find your pathway to lasting change.

HOW IS IT DIFFERENT?

Coaches don't tell you what to do. We know that you know your life best. We ask the questions that will help you think through what you really want and why it matters, as well as what your next step should be. Coaches use a strength based approach, which means we don't focus on "weaknesses" or what is not working. We partner to think about what will work, what gives energy, what motivates, and support consistent action to facilitate the changes in a way that works for you.

For more info or to sign up call Health Promotion @ 624-4710