

# Health Coaching



## Professional Advice and Support to Meet **YOUR** Needs

*Nutrition*  
*Weight Loss*  
*Sports and Fitness*

*Stress Management*  
*Self-Care*  
*Lifestyle Disease management*

## Schedule for Your Free & Confidential Session Today!

Visit: [www.snapappointments.com/listing/1vJ](http://www.snapappointments.com/listing/1vJ)

or

Call: 520-293-3369

One-on-One Health Coaching Sessions – 30 minutes  
Telephonic appointments also available after meeting initial session

*NEW On-site Health Coaching Appointments are now available for the following locations:*

### **Abrams**

**1<sup>st</sup> Tues., 10:00am – 2:00pm**  
July 2013 – June 2014  
Health Coach Laurel

### **Public Works**

**Rotation Ended March 2014**  
**Stay Tuned for Future Dates!**

### **Admin West**

**2<sup>nd</sup> Tues, 10:00am – 3:00pm**  
Oct 2013 – June 2014  
Health Coach Laurel

### **Bank of America**

**4<sup>th</sup> Tues., 10:00am – 3:00pm**  
July 2013 – June 2014  
Health Coach Laurel

### **Juvenile Court**

**3<sup>rd</sup> Wed., 10:00am – 3:00pm**  
July 2013 – June 2014  
Health Coach Laurel

### **Legal Services**

**2<sup>nd</sup> Wed., 10:00am – 3:00pm**  
July 2013 – June 2014  
Health Coach Eileen

### **WESC**

**2<sup>nd</sup> Thur., 10:00am – 2:00pm**  
Aug 2013 – June 2014  
Health Coach Laurel

### **RWRD Conveyance**

**1<sup>st</sup> Fri., 11:00am – 3:00pm**  
March – June 2014  
Health Coach Eileen

### **Sheriff's Dept.**

**2<sup>nd</sup> Mon., 10:00am – 2:00pm**  
Dec 2013 – June 2014  
Health Coach Laurel

### **PCADC**

**3<sup>rd</sup> Mon., 10:00am – 2:00pm**  
March 2014 – May 2014  
Health Coach Laurel

Updated 4/11/2014

**Earn 50 Healthy Lifestyle Activity Points for participating in three 30 minute sessions.**



*Health Coaches work for the Wellness Council of Arizona to serve the health interests of employees. Your information is confidential and will not be shared with any Pima County management, personnel or any other employee.*