Health Coaching

Professional Advice and Support to Meet YOUR Needs

Nutrition
Weight Loss
Sports and Fitness
Stress Management
Self-Care
Lifestyle Disease Management

Schedule Your Free & Confidential Session Today!

Visit: 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

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

Abrams
1st Tues., 10:00am – 2:00pm
July 2015 – June 2016
Health Coach Natalia

Bank of America
4th Tues., 10:00am – 2:00pm
July 2015 – June 2016
Health Coach Natalia

Juvenile Court
1st Thurs., 10:00am – 2:00pm
3rd Wed., 10:00am – 2:00pm
July 2015 – June 2016
Health Coach Natalia

Legal Services
2nd Wed., 10:00am – 2:00pm
July 2015 – June 2016
Health Coach Denise

Sheriff's Dept.
2rd Mon., 10:00am – 2:00pm
July 2015 – June 2016
Health Coach Natalia

WESC
2nd Thur., 10:00am – 2:00pm
July 2015 – June 2016
Health Coach Natalia

Updated 12/16/2015

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.