

# 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](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

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

### **Abrams**

*1<sup>st</sup> Tues., 10:00am – 2:00pm*  
*July 2015 – June 2016*  
*Health Coach Natalia*

### **Bank of America**

*4<sup>th</sup> Tues., 10:00am – 2:00pm*  
*July 2015 – June 2016*  
*Health Coach Natalia*

### **Juvenile Court**

*3<sup>rd</sup> Wed., 10:00am – 2:00pm*  
*July 2015 – June 2016*  
*Health Coach Natalia*

### **Legal Services**

*2<sup>nd</sup> Wed., 10:00am – 2:00pm*  
*July 2015 – June 2016*  
*Health Coach Denise*

### **RWRD Conveyance**

*1<sup>st</sup> Fri., 10:00am – 2:00pm*  
*July 2015 – June 2016*  
*Health Coach Denise*

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

*2<sup>nd</sup> Mon., 10:00am – 2:00pm*  
*July 2015 – June 2016*  
*Health Coach Natalia*

### **WESC**

*2<sup>nd</sup> Thur., 10:00am – 2:00pm*  
*July 2015 – June 2016*  
*Health Coach Natalia*

*Updated 8/16/2015*

**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.*