

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

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

1st Tues., 10:00am – 2:00pm
July 2013 – June 2014
Health Coach Laurel

Public Works

2nd Tues., 10:00am – 2:00pm
Jul, Aug, Sep 2013;
Jan, Feb, Mar 2014
Health Coach Sarah

Admin West

2nd Tues, 10:00am – 3:00pm
Oct 2013 – Feb 2014
Health Coach Laurel

Bank of America

4th Tues., 10:00am – 3:00pm
July 2013 – June 2014
Health Coach Laurel

Juvenile Court

3rd Wed., 10:00am – 3:00pm
July 2013 – June 2014
Health Coach Laurel

Legal Services

2nd Wed., 10:00am – 3:00pm
July 2013 – June 2014
Health Coach Eileen

WESC

2nd Thur., 10:00am – 2:00pm
Aug 2013 – June 2014
Health Coach Laurel

RWRD Conveyance

1st Fri., 11:00am – 3:00pm
Dec 2013; Jan, Feb 2014
Health Coach Eileen

Sheriff's Dept.

2nd Mon., 10:00am – 2:00pm
Dec 2013 – June 2014
Health Coach Laurel

PCADC

3rd Mon., 10:00am – 2:00pm
March 2014 – May 2014
Health Coach Laurel

Updated 1/30/2014

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.