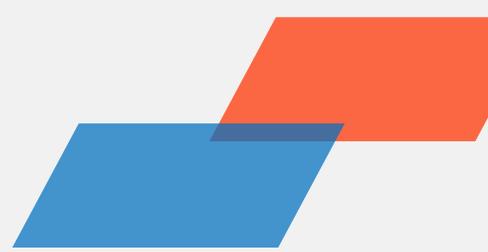


Health Coaching



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 Building

3950 S. Country Club
2nd Floor Conference Room #2108
1st Tues., 10:00am – 2:00pm
Health Coach Natalia

Bank of America Building

33 N. Stone Ave.
16th Floor Conference Room
4th Tues., 10:00am – 2:00pm
Health Coach Natalia

Juvenile Court

2225 E. Ajo Way
HR Conference Room
3rd Wed., 10:00am – 2:00pm
Health Coach Natalia

Legal Services Building

32 N. Stone Ave.
14th Floor Conference Room
2nd Wed., 10:00am – 2:00pm
Health Coach Denise

Sheriff's Department

1750 E. Benson Hwy.
2nd Floor Lobby Conference Room
2nd Mon., 10:00am – 2:00pm
Health Coach Natalia

Water Campus

2955 W. Calle Agua Nueva
Nitrogen Conference Room
2nd Thur., 10:00am – 2:00pm
Health Coach Natalia

Updated 7/7/2016

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.