

Sign-up for onsite or telephonic 30 minute sessions, confidential one-on-one Health Coaching

INTRODUCING HEALTH TRACKS

Schedule your appointment today at: <https://welcoaz.as.me/pimacounty>

Questions? Contact wellness@pima.gov



Pick A Track

Set a Goal, Take Action, Succeed!
Complete all 4 sessions, Get 60 HLAP's!*

- Physical Activity
- Nutrition
- Weight Management
- Stress Reduction
- Improving your Numbers

*Partial Credit is given for each completed session.

