



## Coach Cody

1st Thursday 10:00 – 2:00 pm  
2nd Wednesday 10:00 – 2:00 pm  
3rd Thursday 10:00 – 2:00 pm  
4th Wednesday 10:00 – 2:00 pm

**Telephonic and  
Zoom Coaching  
Available!**

## Coach Joan

2nd Monday 10:00 – 2:00 pm  
2nd Wednesday 10:00 – 2:00 pm  
3rd Friday 8:00 – 11:00 am  
4th Monday 4:00 – 7:00 pm

**MEET  
WITH A  
HEALTH  
COACH**

## Coach Kelly

1st Tuesday 10:00 – 2:00 pm  
1st Tuesday 6:00 – 8:00 pm



This new schedule is effective September 1, 2020

Schedule your Free & Confidential 30 Minute Session Today!

<https://welcoaz.as.me/pimacounty>