

Health Coaching



Expert 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**
OR
- **Group Health Coaching Sessions – 60 minutes (12:00pm – 1:00pm)**
 - 6 slots available per day. Please call the Wellness Council of Arizona to reserve your slot for a Group Health Coaching Session

Onsite Health Coaching Appointments are now available for the following locations:

Abrams

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

Note: July visit will be held on July 16

Public Works

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

Admin West

2nd Tues., 10:00am – 2:00pm
Oct, Nov, Dec 2013;
Apr, May, Jun 2014
Health Coach Laurel

Bank of America

4th Tues., 10:00am – 2:00pm
July 2013 – June 2014
Health Coach Laurel

Juvenile Court

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

Legal Services

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

WESC

1st Fri., 9:00am – 1:00pm
August 2013 – January 2014
Health Coach Laurel

RWRD Conveyance

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

Note: July visit will be held on July 24



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.