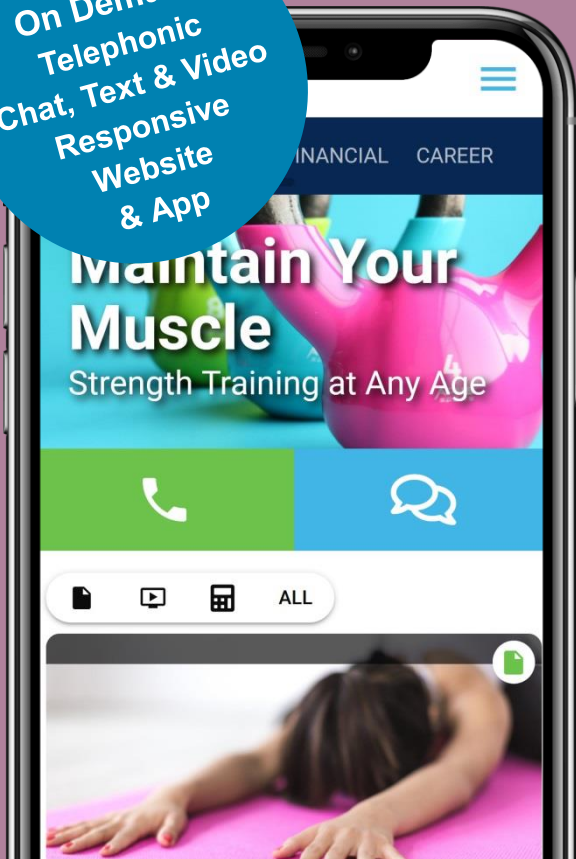


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WELLNESS COACHING:

Offers help to employees and their household members with their personal wellness goals.

Our coaches work with individuals to assess their needs and develop a plan to meet their goals.

All sessions are one-on-one with a licensed or certified professional.



Fitness Coaching



Nutrition Coaching



Stress Reduction



Nicotine Cessation



One-on-One Coaching

We currently provide the following 4 types of Wellness Coaching:
Fitness, Nutrition, Stress Reduction and Nicotine Cessation

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