



Making **Healthy Choices** Attainable

“My health coach helped me to set up goals as well as a vision. She provided clarity to my thoughts and what I wanted to accomplish. Emailing me a copy of what we talked about – goals, vision, and my confidence level has been so helpful to reference. I don’t think I would be on track without health coaching if I was ‘on my own.’”

Holly, Coaching Client

Panhandle

Public Health District

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Working together to improve the health, safety and quality of life
for all who live, learn, work, and play in the Panhandle.



Health and
Wellness
Coaching is . . .

3-6

20-40 minute
sessions

over
3 months

over the phone
at no cost to you

Health & Wellness Coaching

Improving population health
one person at a time



Your coach will:

- Work with you to set your goals
- Help you gain confidence, knowledge, skills and tools
- Guide you to a healthier lifestyle
- Support you to achieve your health goals
- Encourage you to become the best version of yourself

"Having a health coach has helped me be more intentional about making healthy choices."

Kristy, Coaching Client