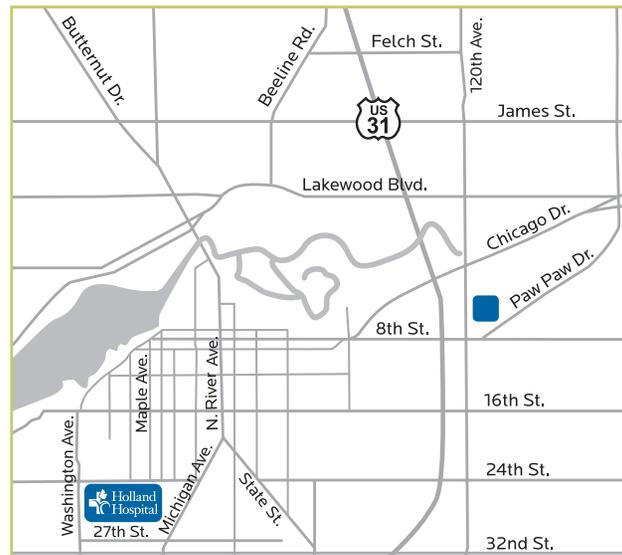
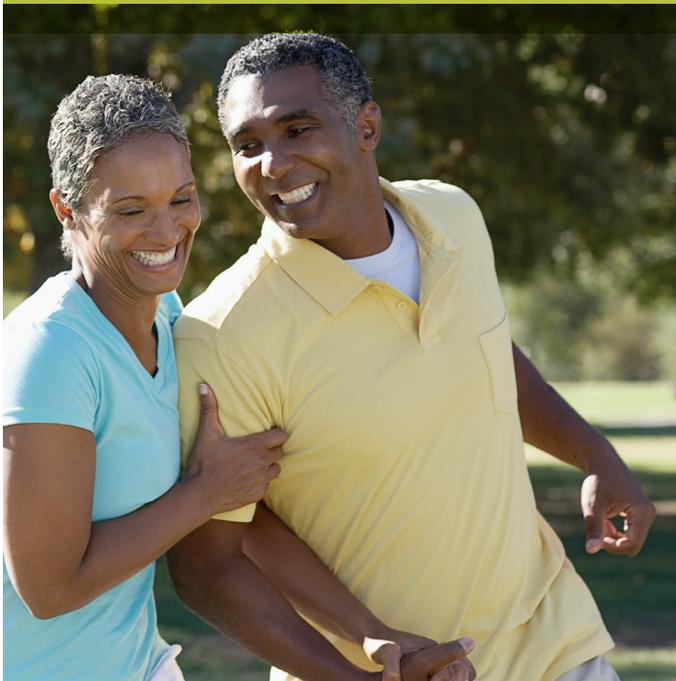


“Our experienced wellness team is committed to empowering you and helping you to succeed.”

- JODI GOGOLIN,
DIRECTOR OF COMMUNITY OUTREACH

Wellness Coaching

Helping you achieve your personal health & wellness goals



CENTER FOR GOOD HEALTH

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**Are you making a wellness goal but don't know where to start?
Do you need help with the plan you already made for yourself?
Are you ready to be inspired to live a healthier lifestyle?**

Change isn't easy and life doesn't come with a "how to" manual. As many people know, the desire to change isn't always enough. Fortunately, there are people out there that can help. Wellness coaches are specially trained professionals dedicated to helping you with the changes you want to make. With your coach you can set goals, establish a plan and put that plan into action.

Why Coaching Works

Good information and a positive attitude are important, but not always enough to succeed. For many people, wellness coaching can be the key to unlocking your ability to achieve and maintain healthier living. Our skilled coaches understand your struggle and can bridge the gap between knowing what you should do and putting a plan into action. It takes work to change, but your efforts can lead to success with the help of a wellness coach.

A wellness coach can help you:

- Achieve your healthy weight
- Eat healthier
- Quit smoking
- Manage stress
- Live with a chronic condition
- Become more active
- Simplify your life

What to Expect

- Individualized one-on-one coaching
- Your choice of face-to-face, phone or email coaching
- Personal wellness assessment and goal setting
- Confidential and supportive environment
- Information and tools to support your goals

We Make It Happen... We Help.

"Coaching has been fundamental to accomplishing my goals. I dropped ten pounds and lowered my blood pressure; my diet has improved and I'm keeping up with exercise. My whole family is living healthier and supporting each other."



FOR MORE INFORMATION

To learn more about Wellness Coaching, contact Holland Hospital Center for Good Health at (616) 394-3344 or visit hollandhospital.org.