



HEALTH COACHING

Meetings with a Certified Health Coach are designed to help you take charge and improve your health. You'll explore personal health issues, set short and long-term health goals, and develop a step by step program to put you on track to better health. You'll learn how to overcome obstacles, monitor your progress, and gain access to resources and information to support your journey.

HEALTH COACHING CAN HELP WITH:

- Behavior Change
- Weight Loss
- Exercise
- Nutrition
- Sleep
- Menopause
- Cardiovascular Issues
- Diabetes
- Osteoporosis
- Stress Management
- Coping With Arthritis
- Coping With Cancer
- Overall Wellbeing
- Tobacco Use

ELIGIBILITY

Individuals with **two or more** of the following conditions are eligible to participate:

- Body Mass Index (BMI) > 25
- Diabetes
- Elevated Glucose
- Elevated LDL Cholesterol
- Elevated Triglycerides
- Pre-hypertension
- Hypertension
- Arthritis
- Osteoporosis
- Cancer
- Depression
- Autoimmune Issues
- Asthma
- Tobacco User
- Musculoskeletal issues that impair movement and/or performance

GET STARTED TODAY

- Sessions can be conducted in person, via Skype, or by telephone
- First 5 meetings at no charge; Next 15 have \$25 copay
- No pre-authorization is required to set up first appointment
- **Schedule your appointment by contacting a Health Coach directly!**

MYC Health Coaches



Mirabai Holland, M.F.A. EP-C, CHC

📞 201.956.1466

✉️ mirabai@movingfree.com



Tracy Lightburne, MS, CPT, CWC

📞 727.415.7688

✉️ tracylightburne@yahoo.com

