



WHAT IS THIS HEALTH COACHING THING ANYWAY?

And why should I care?

This **LUNCH N LEARN SEMINAR** will show you how Health Coaching sessions can get you on a path to becoming the HEALTHY YOU you've always wanted to be. Learn:

- How it works (YourChoice Members receive their first 5 sessions at no charge!)
- The 5 stages of change
- How to set easily achievable goals as a pathway to your ultimate wellness vision

Thursday, March 8 | 12p - 12:45p
Admin Building, 3rd Floor REO Conference Room A

Register at www.manateeyourchoice.com
> Program Registration tab

