



# Occupational Medicine and Wellness Service



## **Telephonic Health Coaching & Nutrition Counseling Appointments**

Health coaching can help you achieve your wellness goals by developing a personalized plan to promote better health for you and your family.

Appointments are available with our Health Coach and Registered Dietitian and are completely confidential.

Appointments can be by phone or skype. Or maybe you just have some questions that can be answered via email communications!

*We are here for you in whatever way works best for you!*

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