

CareHere!



COACHING

AT NO COST TO YOU!

Lose Weight • Manage Stress • Explore Exercising
Quit Tobacco • Improve Sleep • Maximize Your Health

Come see a Onsite Health Coach every Month!

Our Health Coach will be available the **1st Tuesday** of **every month** to work with you on your health goals.

✓ *Certified* ✓ *Knowledgeable* ✓ *Non-judgmental* ✓ *Supportive*

To make an appointment, call **877.423.1330**, email **support@carehere.com** or talk with your medical provider while at your CareHere Health Center.