



Do You Need To Make Lifestyle Changes, But Don't Know Where To Start?

Lake Health *Wellness Coaching* May Be Just What You Need!

How does Wellness Coaching work?

By working through a confidential assessment, coaches problem solve, set goals, have respectful and honest communication, and facilitate the process of change with their clients.

Wellness Coaching Concentrations

- Fitness
- Weight management
- Stress management
- Healthy lifestyles
- Disease prevention
- Nutrition



What is the client's role?

Clients agree to make a commitment to achieve weekly and monthly goals in an effort to accomplish more than they could on their own. **Clients should be:**

- Ready to take responsibility to make and sustain change
- Ready to invest six months to make changes
- Ready to share information that is pertinent to wellness
- Open to trying new things
- Understanding to setbacks which are normal on the path of change

**For more information contact Vaia Lappas-Gilchrist at:
440-375-8734 or vaia.lappas-gilchrist@lakehealth.org**