

Health & Wellness Coaching

- Volunteers needed (Oct 13–Nov 21)
- 3 one-hour sessions with a Health Promotion student coach
- Get started on your wellness journey
- Work together to:
 - complete an individualized wellness workbook
 - create a wellness vision
 - a wellness plan.

**Interested contact Dr. Debra
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HEALTH PROMOTION
RSVP Oct 10th