



Health COACHING

Navigating the demands of work and home can make it difficult to take care of yourself. Yet to stay healthy and resilient, it's essential to make time for both **health care** and **self-care**. Individualized sessions with a health coach ensure a safe, judgement-free space where open dialogue and support is encouraged.

At Wellness Collective, we take an integrative approach to address several domains of well being: mind, body, spirit, environment and community. This comprehensive method allows us to explore the full spectrum of wellness and then focus on specific areas depending on your individual needs.

A health coach is an important part of your support team, especially when new routines are being established and goals may be shifting. Make your personal wellness a priority by connecting with a coach today. Contact lara@wellnesscollective.com today to get started or learn more.

PER SESSION COST

- 30-minute session: \$40
- 50-minute session: \$80

BENEFITS

- All coaching is overseen by Lara Uher, LISW-S.
- Sessions are held virtually (by phone or video) to allow flexibility in scheduling.
- Enjoy access to your coach via email between appointments for additional support, encouragement and accountability.

