

What is Wellness Coaching?

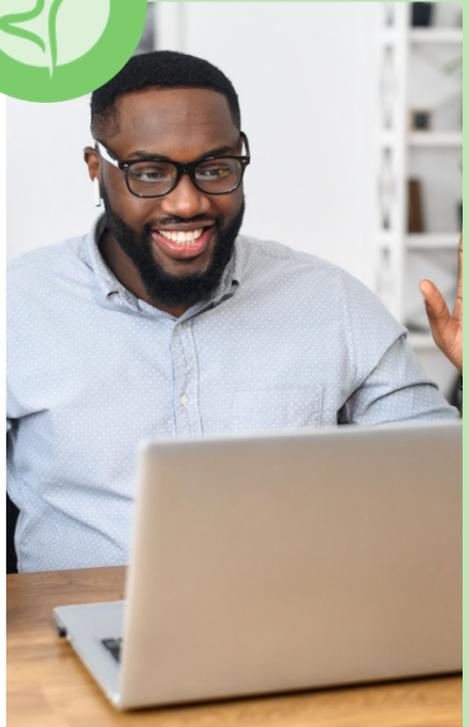


Life isn't a solo journey. To create sustainable change, it's time to invite accountability into your life.

Wellness coaching works as a partnership to assist you to complete goals, act more consistently, and dream bigger. No matter where you are or when you want to start. This is a benefit for you to be the best version of you!

All wellness coaching is done telephonically and can be scheduled anytime of the day. Your privacy matters so all coaching is kept between you and your coach.

Each of our wellness coaches emphasizes a different specialization, including nutrition plans, weight loss, fitness programs, stress reduction, mindfulness and more! Meet your team of coaches below.



**Contact Sand Creek
and request
wellness coaching today!**



Visit: www.sandcreekeap.com



Company Code: duluthmn



Call: 888-243-5744

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An AllOne Health Company

Meet Your Wellness Coaches



Julie Morrow

Fitness, Mindfulness, Stress Reduction & Weight Loss



Tracie Sanford

Nutrition, Diabetes Management, Food Allergies, Weight Loss, Sports Performance



Diane Lambert

Stress Reduction, Tobacco Cessation, Nutrition, Mindfulness



Michelle Dawes

Fitness, Corrective Exercise, Stress Reduction, Weight Loss

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