

Health Coaching

Lifestyle Reboot



When we apply old thinking to new challenges we often end up feeling frustrated and stuck. A Health Coach can help you develop a resilient mindset to weather any storm.

Learn how a Health Coach can guide you to your best self – sign up for a FREE 15-minute consultation with one of our Certified Health Coaches. Call 530-587-3769 to schedule.

Pricing:

One Month \$299

- 90 minute intro plus three 45 minute weekly follow-ups

Follow up sessions:

- Six 45 minute sessions \$270
- Ten 45 minute sessions \$430

***All sessions held by phone or video chat**

What you get:

- Comprehensive well-being assessment & wellness plan
- Behavioral coaching exercises tailored to your unique needs
- E-Learning, goal monitoring, tracking in Wellworks
- Progress reports to your PCP to streamline your care (optional)

For more information contact:
Tahoe Forest Center for Health
Email: wellness@tfhd.com
Phone 530-587-3769



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