



Health Coach Program

Are you interested in living a healthier life?

Do you need support making healthy changes that are right for you?

Participating in a Health Coach Program can help guide you through meaningful change on *Your Pathway to Healthy Living!*

A Health Coach can help you...

- Build skills to meet healthy lifestyle goals
- Move towards making long lasting lifestyle changes
- Navigate the Health System
- Connect to, and navigate your community
- Find credible health information sources
- Build skills for talking to, and engaging with your health providers, family and friends
- Develop problem-solving skills

Health Coaching is offered at **no cost** to adults 19 years and older.

To find out more, and to connect with a health coach, contact:

Health Coach Program

(709) 256-5690

healthcoaching@centralhealth.nl.ca

