



## Integrative Wellness Health Coaching

Maintaining wellness and preventing disease are worthy goals but they are not always easy to achieve by yourself. Integrative Wellness Health Coaching uses a whole person approach to educate and support you as you work to change your health habits. The goal is to enhance your health, wellness, and wellbeing through self-directed, lasting change. Our health coaches can help you:

- Improve eating habits
- Facilitate behavior change
- Reduce stress
- Increase physical activity
- Improve fitness
- Promote holistic wellness



Our health coaches are Registered Dietitian Nutritionists and members of the Academy of Nutrition and Dietetics. Working with them is a powerful partnership that can:

- Help you find meaning in decisions and actions
- Connect your intent with positive outcomes
- Help you develop self-efficacy
- Guide you through barriers
- Widen your comfort zones
- Maintain your focus on whole person change
- Provide you with the resources for making healthy behavior changes

We offer an initial 20-minute complimentary phone session to identify your coaching needs, answer your questions about our services, and provide you with an overview of our coaching packages and fees.

**For more information or to schedule a complimentary phone session please call 1-628-336-7110 or email Pamela Riggs, MS, RDN, CSOWM at [pamela.riggs@mymarinhealth.org](mailto:pamela.riggs@mymarinhealth.org).**

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