



HEALTH COACHING

CREATE THE LIFE YOU WANT TO HAVE.

Health & Wellness Coaching helps people make lasting lifestyle changes. Your coach provides support to help you focus on your individual goals, set action plans and provides ongoing support.

Conducted by:

Dee Snow

*Certified Health & Wellness Coach
at The Fitness Center @
Gray Physical Therapy.*



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- ★ Client can be self-referred or referred by medical provider.
- ★ This is not a replacement for your current medical treatment.
- ★ While not covered by insurance, it may qualify for re-imbusement through wellness benefits.

Cost is \$40/session for
one-on-one consult visits

For more information please call or email
Dee at The Fitness Center
(207)657-8315.

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