

ONSITE HEALTH COACHING

SEPTEMBER 2019 - MAY 2020

A Health Coach is here for YOU! Receive One-on-One Professional Advice for Wellness Goals you may have or goals you want to set.

Did you know

Not Only Nutrition and Fitness advice... It is **ALSO:**
Stress and Disease Management, Financial, and Self Care Guidance



Schedule your Free and Confidential Session Today!
WWW.PCC.ACUITYSCHEDULING.COM | CALL: (520) 293-3369

District Office 1 st Wednesday 8:00am – 1:00pm ESC Conference Rm	East Campus 1 st Wednesday 2:00pm – 4:00pm 02-201	M & S 1 st Wednesday 8:00am – 11:00am MS110 Small Conference Rm	
Desert Vista Campus 2 nd Wednesday 8:00am – 10:00am A138 Hohokam Conference Rm	West Campus 3 rd Wednesday 2:00pm - 4:00pm C 219 Learning Center Conference Rm	Downtown 4 th Wednesday 8:00am - 11:00am CC 273	Northwest Campus 4 th Wednesday 3:00pm – 5:00pm C326

All Health Coaches work for the Wellness Council of Arizona to serve the health interests of employees. All information shared with them will be kept confidential and will not be shared with any management personnel or any other employees.

