



HEALTH & WELLNESS COACHING

GET MOTIVATED. BE INSPIRED. TAKE ACTION.

Whether you are looking to lose weight, become more active, or wish to improve your health, let an Ascension Genesys Health Club Certified Health Coach support, encourage, and help you achieve your goals free of charge.

Your membership entitles you to two complementary Health Coaching appointments per year.

Ascension Genesys Health Club Health Coaches are certified wellness professionals trained to help facilitate healthy, sustainable behavioral change by establishing goals specific to your needs with personalized strategies to transform your life into a healthier, happier you!

Ongoing personal Health Coaching is also available for a fee for those looking for additional accountability & guidance.

Pricing for 45-minute session:

- **Member: \$45**
- **Non-member: \$60**
- **Semi-Private: Member: \$34 each**
- **Semi-Private: Non-member: \$45 each**



Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!

What is a Health Coach?

Someone who helps you set goals and develop a strategy on how to achieve them

The difference between feeling alone & feeling supported

Helps you see life through fresh eyes

Someone who helps you embrace and envision the promise of a healthier lifestyle

The best gift you could give your body, mind, & soul

Take advantage of this valuable service & schedule your appointment today! Stop in Member Services or call the Health Coach office directly at (810) 606-7802.



**Ascension
Genesys**
HEALTH CLUB