# WELLNESS COACHING



#### **YOUR VISION**

How does your lifestyle need to look for you to thrive?

#### **OUR EXPERTISE**

Let's use your strengths and skills to turn goals into action.

## MPOWER WELLNESS COACHES



Abby Read
• Registered Dietitian



Carey Shore

- Registered Dietitian
- Mayo certified wellness coach
- Yoga instructor
- Group fitness instructor



Samantha Bohrt

 Master Certified Health Education Specialist



Tricia Neus

- Mayo certified wellness coach
- Tobacco education specialist
- Certified Health Education Specialist

### WHAT CAN A COACH HELP ME WITH?

- Motivation
- Eating habits
- Stress management
- Tobacco cessation
- Fitness
- Lifestyle changes