

# Free Health Coaching

Start working towards your health goals today!



Make a **FREE** appointment with a  
Certified Health Coach today!

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## WE CAN HELP YOU SET GOALS TO:

- » Eat healthier
- » Start an exercise program
- » Quit smoking
- » Manage stress
- » Manage your chronic illness

**LRGHealthcare**  
*care. compassion. community.*

**527-2948**

**Call for an appointment**