



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
 WELL-BEING
 & BELONGING**

NEW WELL-BEING SERVICE

»» Health Coaching

MISSION VALLEY YMCA

Your health is more than just what you eat or how often you exercise. Experience a new whole well-being approach that is individualized, sustainable and transformational.

Sessions are conducted in-person or virtually and have been designed to:

- Produce meaningful and long-term behavior change
- Identify motivators and resources for achieving your highest potential
- Uncover your success that lies within you through guided support
- Create and implement a plan for achieving your goals
- Develop lasting and restorative self-care practices

Personal Health Coaching One-on-one single sessions (1 hour).

4 sessions: Non-Members: \$325 | **8 sessions:** Non-Members: \$630

Up to 25% off with select Y memberships!

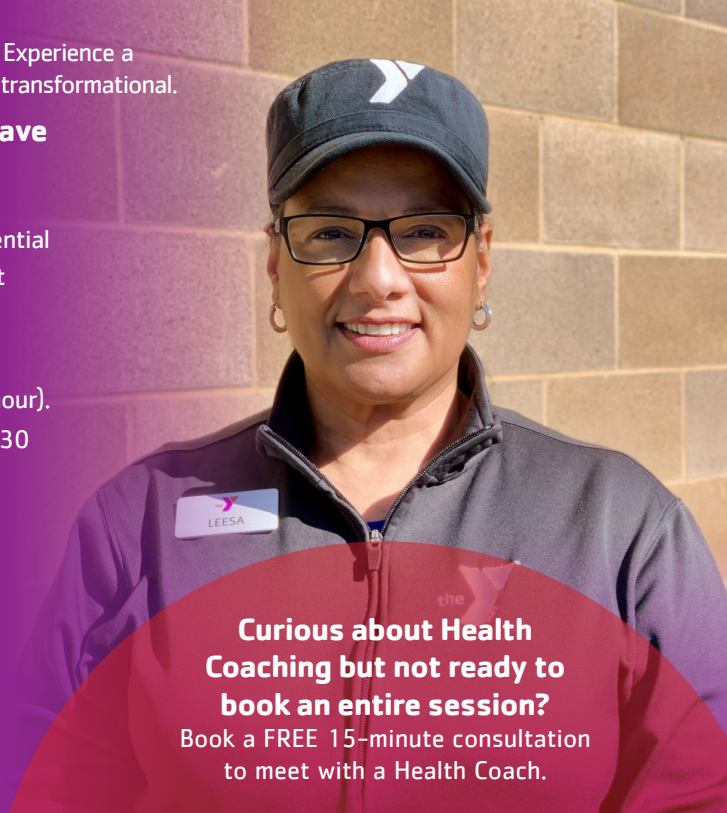
»» One complimentary InBody composition analysis included with the purchase of a package. Value: \$25



For more information contact:

Leesa Latimer at 619-298-3576 ext 2655
 llatimer@ymcasd.org

<https://www.ymcasd.org/programs/sports-and-fitness/health-coaching-program>



Curious about Health Coaching but not ready to book an entire session?

Book a FREE 15-minute consultation to meet with a Health Coach.

MAKING WELL-BEING MORE ACCESSIBLE

The YMCA offers financial aid through our ACCESS Scholarship to help individuals connect to the programs that are important.