

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

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

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.

