

Health Coaching

Health and wellness coaching is available at Evangelical Community Hospital. Experience first-hand how a Certified Health Coach can give you the tools and guidance you need to make lifestyle changes for a happier, healthier life!

With a health coach, you can:

- Determine your readiness to make changes
- Define your health and wellness goals
- Set SMART goals
- Identify barriers and motivators for success
- Receive support to keep you on track



**For more information or to schedule a coaching session,
contact Evangelical Community Health and Wellness at 570-768-3200.**