

HAVING TROUBLE MEETING HEALTH GOALS?



Free Health and Wellness Coaching Can Help.

UPMC Western Maryland offers free one-on-one personalized health and wellness planning for individuals who want to make long-term behavior changes to improve overall well-being and health. Sessions are 30 or 60 minutes in length, held in-person, via video or over the phone.

Board-certified coaches can help with topics such as:

- Managing stress
- Fitness planning
- Weight management
- Lifestyle changes

To register, visit
[UPMCWesternMaryland.com/Wellness](https://www.upmcwesternmaryland.com/Wellness)
or call 240-964-8424.

No provider referral is necessary.