



FREE Individualized Health Coaching for Lake County Board of County Commissioners Employees!

Benefits of Health Coaching Sessions

Provide assistance in making better choices for a healthier lifestyle and *develop your own personal wellness plan to attain:*

- Healthy eating habits
- Healthy weight
- Increase physical activity
- Reduce stress levels
- Lower cholesterol
- Normal blood sugar levels
- Prevent high blood pressure
- Quit the use of tobacco products

Date: April 15, May 20 and June 17, 2010

Time: 11:00 am - 1:00 pm - 20 minute sessions

Location: Administration Building
315 W. Main Street,
Emergency Management Briefing Room-441

Health Coach: Joyce Smith, RN, BSN, MBA-HCM

Contact: Erin Showe
eshowe@lakecountyfl.gov, 352-343-9406

To enroll please click the following link
www.pickatime.com/client?ven=11603266



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