



Wellness Coaching

an introduction

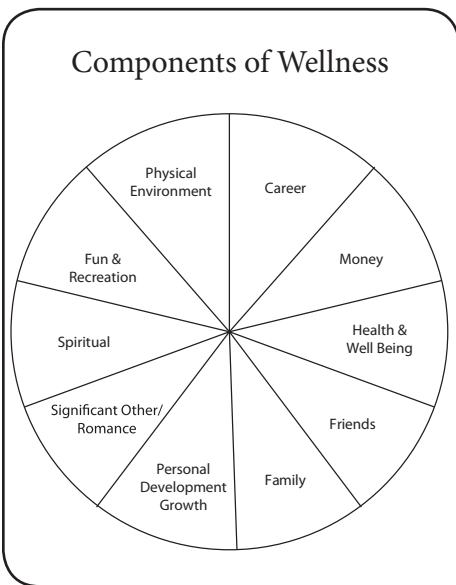
What is Wellness Coaching?

Wellness coaching helps participants take inventory of their current wellness, create a vision or set goals for the future and build critical steps to achieve success.

Participants will:

- work one-on-one with their coach
- explore current state of wellness
- improve habits in their lives
- discover sustainable motivation
- establish small steps to create big change

Wellness coaching empowers participants to achieve their best life possible. Focusing on areas of need, participants will create goals, establish small steps that are easy to achieve and begin making lasting lifestyle changes. This basic approach simplifies health and wellness into a manageable process.



For More Information

Contact Amanda
Ramthun - Community
Health Specialist
(319) 483-1361

Your Wellness Coach

Amanda Ramthun is the community health specialist at Waverly Health Center. She is a certified health and wellness coach through Real Balance Global Wellness Coaching and holds a master's degree in health promotion. In addition, she is a certified personal trainer. Her education and experience in the field make it easy for her to work with individual's who are looking to make lifestyle changes.



Benefits of Coaching

- find success through small steps
- improve lifestyle habits
- discover sustainable motivation
- take control over health and wellness

Programs & Pricing

Fresh Start: \$30

- One session with a coach
- This session will get you back on track meeting your wellness goals

Simple Solutions Program: \$75

- Three sessions over six weeks
- Light exploring and habit formation

Changing Lives Program: \$130

- Six sessions over twelve weeks
- Support to tackle multiple wellness needs

Additional sessions available by request.

Wellness Coaching

- Helps participants find balance and make strides toward their health goals.
- Is tailored to meet the needs of each participant.
- Helps participants discover areas of motivation to make lasting lifestyle changes that will improve their quality of life.