

What is Health Coaching?

Want to lose weight, manage your diabetes, cholesterol, blood pressure, asthma, or stress? Want to learn more about healthy eating, exercise, stress management, time management, and healthy living? Looking to make a change?

We are here to help you set meaningful goals and support you on your way to a healthier you!

Your health coach works with you and your medical provider to support you in identifying and working towards your goals by providing you with the education, tools, and support to overcome the barriers that can get in the way.



We have several options for health coaching to choose from including a comprehensive HC program.

Meet Our Health Coaches



Cyndi Dumont, PharmD, MA

Dr. Dumont is a Clinical Pharmacist and ACE Certified Health Coach. She earned her Master of Arts in Education from Johns Hopkins University and her Doctor of

Pharmacy degree from the University of Colorado. Cyndi enjoys bringing her teaching experience to the healthcare setting, helping patients and their families navigate the complex world of medications and chronic disease management. She believes food and activity are the best medicine and has a passion for helping people reach their health goals. Cyndi offers 45 min Single Health Coaching Sessions at WMC. In her free time, Cyndi enjoys spending time with her family, running, and roaming the state in her 1973 Volkswagen bus.



Stacey Halvorsen, M.Ed.

Stacey is an ACE Certified Health Coach, ACE Certified Medical Exercise Specialist, and a Certified HeartMath Practitioner. She has a Masters of Education from the

University of Washington, specializing in environmental and multicultural education. As an advocate for health and outdoor education, Stacey has been managing programs, facilitating community partnerships, and teaching for over 15 years in Colorado and the Northwest. She combines her teaching and program management experience to help her patients of all ages reach their personal goals. She is passionate about supporting her patients and meeting them where they are at in their health journey. Stacey is the primary coach for the HC program and Heartmath. In her free time, she enjoys skiing, hiking, camping, and dancing.



Health Coaching at WMC



Talk to our staff to learn more about health coaching options at WMC.

* 303-428-7449 *

www.westminstermedicalclinic.com

Introducing The Health Coaching Program

If you feel committed to your health goal and ready to make a change and are looking for a comprehensive health coaching program that provides weekly ongoing support and accountability, then the HC program is for you!



Work with Stacey to identify your health goals and the steps to get you to your goal.

The 12-Week and 6-Month HC program includes the following:

- Comprehensive lifestyle assessment and report
- Medgem metabolic assessment
- Weekly body composition assessments (optional)
- Heartmath biofeedback for stress management
- Weekly check in calls or emails
- 6-12 bi-weekly 60-minute sessions
- Access to group weekend wellness events
- Weekly HC newsletter
- And more...

**Wondering if this program is right for you?
Call (303) 428-7449 to set up a FREE 30-minute consult.**

Additional Options

45 min Single Health Coaching Session

Work with Coach Cyndi to get support in the following areas:

- Diabetes management
- Heart health
- Blood pressure management
- Weight loss
- Health goal setting
- Nutrition education
- Meal planning
- Reading food labels
- Exercise education
- Stress management
- Time management
- Sleep management
- And more..



Group Weekend Wellness Events

We want to support you in living a healthy, active life outside of our office. Join WMC staff and volunteers for field days, potlucks, nature walks, classes, free days at museums, organized benefit walks, festivals, and more. The schedule is posted at www.westminstermedicalclinic.com.



Stress is the emotional unease that can be experienced as anxiety, irritation, anger, or hopelessness. We can learn to control our feelings through Heartmath. HeartMath is an evidence-based biofeedback program that scientifically monitors your emotional and physical health through measuring your heart rate variability. HeartMath has been shown to help people with depression, anxiety, ADHD, sleepless, fatigue, and pain. By learning to control your stress, you can achieve better health overall. In a Heartmath session, you will work with Coach Stacey and learn more about your emotional and physical health, how to use the program, and techniques and tools to improve your mental and emotional health.

MedGem Metabolic Assessment



The MedGem indirect calorimeter is a medical device that measures your oxygen consumption (VO₂) to determine your resting metabolic rate (RMR), how many calories you burn at rest. Your health coach will help you use your results to develop a weight management plan with accurate calorie and macronutrient targets for weight loss based on your metabolism.