



Health Coaching at WMC



Stacey Hammond, M.Ed.
ACE Certified Health Coach
Certified HeartMath Practitioner

- ✓ Nutrition
- ✓ Exercise/Fitness
- ✓ Stress Management
- ✓ Time Management
- ✓ Sleep Management
- ✓ HeartMath
- ✓ Weight Loss

- ✓ Cardiovascular Health
- ✓ Cholesterol Management
- ✓ Diabetes Management
- ✓ Asthma
- ✓ Prevention
- ✓ Overall Wellness

**Questions about
Health Coaching?
Ask your provider
today or call Stacey at
303-487-5177!**

One-On-One Visits - at WMC

- ✓ \$45/hr (24 hr cancellation policy applies)
- ✓ Pre-paid Single Visit - \$39, non-refundable (\$6 savings!)
- ✓ Pre-paid 4 Pack - \$140, non-refundable (\$40 savings!)
- ✓ HeartMath - \$29/ 30 min appointment

One-On-One Visits - Video Online

- ✓ \$49/hr, must pay in advance

WMC Weekend Wellness Events

- ✓ \$10/person or \$15/family - must RSVP in advance
- ✓ 2nd or 3rd Saturday of the Month
- ✓ Check out www.westminstermedicalclinic.com for a list of upcoming events or call Stacey at 303- 487-5177.





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