



Health Coaching at WMC



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!



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...



Stacey Halvorsen, M.Ed.

- 🏆 ACE Certified Health Coach
- 🏆 ACE Certified Medical Exercise Specialist
- 🏆 Certified HeartMath Practioner

45 min Single Health Coaching Session

Work with Coach Cyndi in a single session or more 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..

Cyndi Dumont, PharmD, MA

- 🏆 Clinical Pharmacist
- 🏆 ACE Certified Health Coach



Get started now!

Talk to any of our staff to get scheduled.

303-428-7449

www.westminstermedicalclinic.com