



HEALTH*WIZE

Education * Accountability * Support



Group Health Education and Coaching *at Westminster Medical Clinic*

Mondays, 4:00-5:00pm
January 25 – March 22, 2021

Want to...

- Lose weight?
- Manage your diabetes?
- Prevent diabetes?
- Improve your cholesterol?
- Lower your blood pressure?
- Improve your overall health?

Want to learn more about...

- Healthy eating?
- Exercise?
- Stress management?
- Time management?
- Healthy living?

In the HealthWize classes, Stacey will help you identify and work towards your goals by providing you with the education, tools, and support to overcome the barriers that can get in the way.

Special: 8 Sessions for \$89

Sign up TODAY! Space is limited.



Taught by:
Stacey Halvorsen, M.Ed
ACE Certified Health Coach
and Medical Exercise
Specialist

The class will be held virtually on
Zoom.

For More Information,
Contact: Stacey Halvorsen
Stacey@westminstermedicalclinic.com