



“At my age – 66 – I found that it is more important than ever to take care of my physical and emotional health. One way I do that is getting out of the city for rides on my motorcycle. There’s nothing else like it anywhere.”

— **Bill Ashford**
Bus Operator
Metro Transit
25 year employee

Schedule time today with your Wellness Coach!

The health you desire is just within your reach. Follow the path to better health today by partnering with a wellness coach — a coach who will lend support and encouragement along the way. If motivation is what you’re looking for, you are in luck. Your coach will work with you to develop a wellness plan, set personal health and lifestyle goals, and help you achieve them. By taking a step toward better health, you reduce your risk for disease and begin making the healthy lifestyle choices that help you discover and reach your health potential. Take action today — free of charge — work to achieve your personal health and lifestyle goals. After all, your wellness coach is waiting...

Here’s how it works:

- ◆ You’ll talk one-to-one with Lindsay Good, your wellness coach during pre-scheduled sessions.
- ◆ You’ll complete a wellness assessment and review results with your wellness coach. You will also receive helpful tools, including a personalized action plan and other resources to assist you in making healthy lifestyle changes.



Call today! Schedule an appointment with your Wellness Coach at **952-967-5179**.