

Did you know?

Did you know that 75% of people who participate in a health coaching session will make a lasting change? [Learn more](#)

Benefits of health coaching sessions:

- Provide assistance in making healthy choices to help you manage:
 - o Healthy eating habits
 - o A healthy weight
 - o Physical activity
 - o Stress
 - o Cholesterol
 - o Blood sugar
 - o Blood pressure
- Provide smoking cessation programs by phone or at the work site
- Provide tools and resources to help you reach your wellness goals
- Provide information that empowers you to make informed health care decisions

Did you participate in an onsite program for weight management, tobacco cessation, stress reduction or physical activity? A Next Steps Registered Nurse can provide you the inspiration, support and accountability you need to make a lasting change.

Next Steps Registered Nurses provide FREE individualized health coaching to assist you in making healthy lifestyle choices. Health coaching sessions are available in English, Spanish and Creole, and are offered by

