



Health Coaching Workshops

**Upcoming (free) 2-Part Series,
Thursdays at 6pm;**

- October 17th 6pm; Why dieting doesn't work
- November 14th 6pm; 8 Causes of cravings

What is a health coach?

A health coach is a trained professional who helps you make changes that support your health. Through regular check-ins, your health coach talks to you about the changes you'd like to make and what's getting in the way of your reaching your goals. They are a partner in your behavior change process. This process involves supporting you as you set goals, identify values & strengths, and access intrinsic motivations to encourage sustainable healthy behaviors and to reach your full potential.



Join Karen Peterson, Certified Health Coach, in the downstairs yoga studio for these great discussions!

KingsburyClub.com