

Health Coaching

Health and wellness coaching is available at WellSpan Evangelical Community Hospital. Experience first-hand how a Certified Health Coach can give you the tools and guidance you need to make lasting lifestyle changes for a happier, healthier life!

With a health coach you can:

- Define your health and wellness goals
- Determine your readiness to make changes
- Identify barriers and learn how to overcome them
- Find motivators that help you to achieve your goals
- Receive support to keep you on track

Cost:

- **Intake - Free (Initial contact via phone)**
- **1 session - \$35**
- **3 sessions - \$100**
- **6 sessions - \$180**
- **10 sessions - \$270**

For more information or to schedule an appointment, call WellSpan Community Health and Wellness at (570) 768-3200.