

# WELLNESS COACHING AND WEIGHT LOSS SUPPORT

## Johnson Memorial Wellness Services can help you reach your goals.

Have you ever wanted a health professional to show you what to eat, what to buy—even go to the store with you—and how to turn those groceries into healthy meals? Or do you recognize you need to exercise, and want to, but you don't know where to start, how much to do, and the best form of exercise for you?

Meet with our registered dietitian or wellness coach one-on-one or with as a team to create your personal lifestyle plan. Families and adults can also meet in classes with others who have the same health and wellness goals.

Take the first step to reaching your goals by calling Johnson Memorial Wellness Services.

**317.346.3867**

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Health Coaching and Dietitian Package  
Individuals—4 sessions

\$150

Team (you and one other)—4 sessions

\$200

Complete a body composition analysis and lifestyle profile.

Interact with our Registered Dietitian.

Receive fitness training and education and healthy lifestyle coaching from our Wellness Coach.

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We offer healthy lifestyle and weight loss support, including weight loss surgery.



**JOHNSON  
MEMORIAL  
HEALTH**

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[JohnsonMemorial.org](http://JohnsonMemorial.org)

