

HOW CAN A WELLNESS COACH HELP?

Sometimes, you might need an extra push. Sometimes, you have questions. Sometimes, you don't know where to start. Let our dedicated Wellness Coach help. Laurie Lapsevich, BS, NBCHWC, CES, PFT has more than 20 years experience in the health and wellness field. She's here to help you achieve your goals and stay there.

A Wellness Coach Can Offer

- Individual Wellness Strategy & Guidance
- Custom Fitness Plans
- Stress Management Coaching
- Goal Setting & Accountability
- Personalized Preventive Care Plan
- And More!

