

**Optimal Health Medicine Center**  
**Program for Success!**



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How can I enhance my success in achieving my health goals with a functional/integrative health practitioner?

- **Make a commitment to improve your health and optimize your wellness.**
- **Invest in your health early before you have symptoms and illness.**
- **Experience better health with a team who can be supportive and grow with you.**
- **Partner with a health coach.**
- **Schedule an appointment with us today.**

**We offer health coaching by a physician assistant who is also a registered dietitian and MSW. She will be helping coordinate your care to enhance your success.**

**What can you expect from your coaching experience?**

- **Sustainable changes in behavior that improve health and well-being (nutrition, meal preparation, exercise, mind-body connection, weight and stress control, sleep, relationships)**
- **Personal growth (confidence, self-motivation, mindfulness, resilience)**
- **Reduced healthcare costs (minor illnesses, physician visits, ER visits, hospital admissions, medications)**

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