What does a Health and Wellness Coach do?

Health and wellness coaches partner with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and, thereby, enhance well-being.

Examples of How We Can Help

Your Health & Wellness Coach can assist you in many ways. Here are a few examples:

- Nutrition Education
- Reduce Your Weight
- Goal Setting
- Mindfulness-based Stress Management
- Guided Meditation
- Preventing Setbacks
- Holistic health Check-up
- Specific Health Conditions

September 2019

PERSONAL WELLNESS COACHING

Work one-on-one with a certified health and wellness coach to make lasting changes.

Start living your very best life.

SPACE IS LIMITED

Reserve your spot by contacting the Wolf Wellness Lab today at wolfwellness@westga.edu
Meet Our Coach

Sarah Gross is a Certified National Health Coach with the American Council on Exercise. For the past year, she has worked with Tanner Health System's Community Benefits Department, working to improve the health and well-being of the Haralson County Community through several programs. Most recently, Sarah worked with students at Mill Creek High School on nutrition education and provided healthy cooking demonstrations. She has developed presentations on vaping, opioid use, and diabetes awareness. She also developed the Haralson County Junior Leadership Team, which is a program that bridges the gap between Haralson County and Bremen City high school students to focus on health equity versus health equality and food insecurities. This same group developed the Grow A Row program, which encourages and provides citizens with equipment and supplies to plant an extra row in their garden. All food from the extra row is donated to local food banks.