



**Get Started with a**

**HEALTH  
COACH**

**Scan the  
QR Code to  
schedule an  
appoint now.**



<https://wellness-coaching.as.me/QuarterlyHealthCoaching>

### **30-minute appointments available:**

**Tuesday, Feb 14**

**8 a.m. – Noon**

**1p.m. - 5 p.m.**

**Wednesday, Feb 15**

**1 p.m - 5 p.m.**

City of Albuquerque employees have access to free health coaching through The Solutions Group! Health & Wellness coaches work with employees one-on-one in a client centered process to facilitate and empower participants to develop and achieve their self-determined health and wellness goals.

### **Your Health Coach will help you to:**

- **Set appropriate goals**
- **Create an action plan**
- **Identify personal motivation**
- **Establish coping skills and a reliable support system**

**Questions? Email [betterhealth.coach@phs.org](mailto:betterhealth.coach@phs.org)**



**BetterHealth**

CITY OF ALBUQUERQUE

*Better you.*

**raChelle Karman**  
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