



# Virtual Well-being Coaching

## A Partnership for Better Health

You want to improve your health. But starting a new, healthier lifestyle can be hard, and staying motivated to achieve your goals can be even more challenging. That's why we offer Virtual Well-being Coaching.

Whether you want to lose weight, quit smoking, manage stress, eat healthy or just feel more energized, we are here to show you how small steps can make a big difference.

## How It Works:

**Attend.** At the kick-off class you will learn about the coaching program and how it will help support your decision to achieve a healthier lifestyle.

**Commit.** Schedule three virtual appointments to meet one-on-one with the Kaiser Permanente Virtual Well-being Coach.

**Get Started.** Meet with the Virtual Well-being Coach to discover your strengths and challenges. Together you'll develop a plan to make the necessary changes to improve your health.

 **Come to the kick-off session to get your well-being journey started!**

**DATE:** Thursday, January 26, 2023

**TIME:** 12:00 to 1:00pm

**PLACE:** Virtually with Betsy Paganucci, RD

**REGISTRATION:** Email Employee Wellness at [employeewellness@fultoncountyga.gov](mailto:employeewellness@fultoncountyga.gov)

## INDIVIDUAL COACHING SESSIONS:

February 2, 2023 through March 9, 2023  
10:00am to 2:00pm

