

Wellness Coaching for PGC

Who: Available to all individuals 18 years and older.

What: Free virtual wellness coaching sessions for Prince George County employees with an Inova Well wellness coach. **Discount Code:** **PGCWELLNESS100**

Where: Sessions take place virtually via Teams for convenient appointments between you and an Inova Well wellness coach.

How: Schedule via the Mindbody app using the QR code below. You can call (571) 472-1440 or email fitness@inova.org for more support.

A health and wellness coach is a health professional who helps clients make long-term lifestyle changes to improve their overall well-being. Our team uses a nonpharmaceutical approach designed to support conditions like prediabetes, hypertension and obesity.

Our wellness coach can help you:

- Support individual physical wellness transformation
- Help you look at health holistically and work toward greater quality of life overall
- Guide you through the steps of long-term behavior change
- Help develop progress toward personal wellness goals such as stress management, exercise, nutrition, weight management, sleep health, ergonomics, life-work integration, mindfulness, tobacco cessation etc.

