



HEALTH COACHING

How coaching works

Patients often come to a coach for things that show up on their biometric screening, such as blood pressure, cholesterol, blood sugar/A1c, or another health diagnosis causing stress or concern. But coaching can be about anything in your life, including stress, anxiety, depression, work/life balance, exercise, nutrition, weight loss, sleep, excessive drinking, and smoking.

Our coaches help you achieve your goals.

Barbara, a Vera patient, met with one of our coaches for help with work/life balance. Together with her coach, they defined what was causing stress for her, they set some goals, and then Barbara checked in every week for a couple of months. She found that meeting every week helped her set priorities and stick to her action plan.

Your Edinburg Vera Care Center Coach

Meet your Vera Care Center Health Coach, Rosa Garcia



During this webinar, Health Coach Rosa Garcia will walk you through the coaching process and introduce you to the fundamentals of successful lifestyle change. She will share with you practical ways to work towards your current health goals, and show you how Vera's approach to treating the whole person makes health coaching a right fit for everyone.

This webinar will include a Q&A session to help answer any questions you have about health coaching and the Vera Care Center.

Two Gift Cards will be raffled for those who attend.

Register Here:

https://webinar.ringcentral.com/webinar/register/7416032914362/WN_0J8kOCFHRU-zmKjLo9df0g



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Hours of Operation: Monday to Friday from 7:30 A.M. 5:30 P.M.
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