

# Nutrition and Wellness Coaching

Take the journey toward *Feeling Whole* of mind, body, and spirit.



## Wellness Coaching

Receive nutrition, fitness and weight loss support, healthy meal planning ideas, wellness education, goal accountability and compassionate motivation. You will be set up for success to create lasting healthy lifestyle changes that you have been seeking! Virtual sessions only.

\$70/session

\$200/3-session package

## On-Demand Nutrition Coaching

Get personalized guidance for weight management and GLP-1 medication side effects without the need for doctor visits. Enjoy unlimited email access to your coach, plus flexible check-ins, all designed to help you stay on track with sustainable nutrition to reach your goals!

\$30/month

\$80/3-month package

For more information, visit [AdventHealthKC.com/Wellness](https://AdventHealthKC.com/Wellness),  
email [SHAW.Wellness@adventhealth.com](mailto:SHAW.Wellness@adventhealth.com),  
or call 913-676-2072