FREEDOM WELLNESS

Wellness Coaching



Most of us have some wellness goals we are either working towards, or maybe putting off for later when we might feel more enthusiastic. Whether you are ready now or later, let Freedom Wellness help your efforts with wellness coaching.

Wellness Coaching

A certified Wellness Coach works with you to identify and maintain strategies that support your wellness goals such as weight loss, tobacco cessation, diet, exercise, and more.

Coaches are available 8:00 am to 8:00 pm. Monday - Friday via telephones and other methods.

With the support of your experienced coach, you will create a wellness vision to inspire and direct your efforts towards your goals. Put together an action plan and make your wellness goals a reality!



Also, be sure to ask your HR or benefits administrator about additional work-life and wellness support your organisation offers.

FREEDOM
HEALTH INSURANCE