

# Free 1:1 Consultations with your own Wellness Coach!

**Personalized fitness plans, nutrition counseling, weight management, goal setting and more!  
Even better, we will come to you.**

During your wellness consultation sessions you meet with your wellness coach to:

- Develop a wellness vision
- Assess your readiness for change
- Create and work on short- and long-term goals
- Identify barriers and problem solving strategies

Appointments for all UCR faculty and staff are available in-person, by phone, or email. In person meetings can be held in your office, a conference room, or another location close to where you work. Coaches have expertise in nutrition, exercise, weight management, smoking cessation, and more.

To setup an appointment with a coach, contact:

**Julie Chobdee**, MPH, [julie.chobdee@ucr.edu](mailto:julie.chobdee@ucr.edu), ext. 2-1488

All information kept strictly confidential.