



**Group Health Coaching  
with Angie Phares at  
The Center for Integrative Medicine**  
*A focus on Stress Management*

**Dates: (Saturdays)**

January 12<sup>th</sup>

January 26<sup>th</sup>

February 9<sup>th</sup>

February 23<sup>rd</sup>

March 9<sup>th</sup>

March 23<sup>rd</sup>

**Cost: \$175 for the series**

**Time: 10:00 – 11:30**

This group health coaching series will teach you how make positive lifestyle changes using a step by step process. You will learn practical information on how to handle stress more productively in order to support your health. In addition to an education content, you will also practice setting achievable goals, determine how to incorporate these into your busy life, and learn from one another. We will create a supportive community with a common goal and have built in accountability with peers and your health coach. A mind-body stress reduction technique will be practiced at each session to build your stress management skill set. You will also receive a binder where you can keep all the program literature, reference material, and worksheets.

Angie Phares is a nationally certified Integrative Health and Wellness Coach, with her training completed with Duke University. She earned her Master's as a Physician Assistant with Baylor College of Medicine and is a certified Yoga instructor through the Himalayan Institute in Pittsburgh.

*If you are interested, please call Brittany at 412-623-1203 to hold your spot. When we have enough participants to run the class, we will reach out for payment.*