

# HEALTH COACHING



**Rochester Lifestyle  
Medicine Institute**

Rochester Lifestyle Medicine Institute (RLMI) is a  
501(c)(3) non-profit organization  
*Teaching skills, not selling products...*

## What is a Lifestyle Medicine Health Coach?

RLMI health coaches partner with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and thereby enhance well-being.

Potential areas that clients may choose to address:

- Whole-food, plant predominant nutrition
- Restorative sleep
- Avoidance of risky substances
- Physical activity
- Stress management
- Positive social connections



## How is the Coaching Delivered?

The coaching is provided via a web meeting or phone call, whichever you prefer. Our coaches have extensive experience in helping people with lifestyle changes, and you can read about each coach's background on our website - see link and QR code below.



## Start with a Free 15-Minute Consultation

The first step is to register for a free introductory consultation. This call lasts up to 15 minutes and will allow you to meet a coach and discuss your goals and needs. If you decide our coaching is a good match, you can choose to book individual 30- or 60-minute appointments, or choose a package of appointments through our online booking system. Services, packages, and pricing details are on our website - see link and QR code below.

- To learn more, visit [RochesterLifestyleMedicine.org/health-coaching](https://RochesterLifestyleMedicine.org/health-coaching) or use the QR code.
- Our contact information is below if you have any questions.
- We look forward to helping you achieve your health goals!

