

HEALTH COACHING SERVICES



WHAT?

A **FREE** health coaching program designed and supervised by Psychologists.

WHO?

For people at risk for, or with early-stage chronic disease who could benefit from lifestyle changes.

HOW?

Ask your doctor if B Well is right for you. Any Burnaby Family Physician or Nurse Practitioner can refer their eligible patients.

WHY?

To help people reach healthy lifestyle goals through small, manageable, self-directed changes.



Individual check-ins & group content sessions



**Progress Reports
For you and your Doctor**



Long-term support & connection

FIND OUT MORE
burnabypcn.ca

