



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA HEALTH COACHING

Empowering you to adopt and sustain healthy lifestyle behaviors.



## Personal Health and Well-being Planning and Support

- Work with a Health Coach to identify your health and well-being goals, address barriers to reaching those goals, and create a plan unique to you
- Meet with your coach for ongoing support, to assess progress, and to get connected to programs and resources
- Good option for people not yet ready for a specific program or who are seeking additional support outside of programming
- Health coaching session can be in-person at the Y, phone call or virtual through Google Meet

For more information contact the YMCA Welcome Center  
816-671-9622

Or email Emilee Sagaser, Certified Health Coach  
[esagaser@stjoymca.org](mailto:esagaser@stjoymca.org)





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# HELPING YOU REACH YOUR GOALS

Making changes on your own, after years of habitual living, can sometimes seem like an insurmountable task. A coach's role is to nurture a supportive relationship and design a plan where both parties are actively involved in the process. Accountability and encouragement can make all the difference in whether you successfully reach your goals. Celebrating the small victories along the way with a trusted partner is key to staying motivated.

## 2021 PRICING

Health Coaching	# of Sessions	Details	30 Minute Session (1st mtg, 45 min)
Individual	1 Session	Member-only Benefit	\$30
	5 Sessions	Member-only Benefit	\$140
	10 Sessions	Member-only Benefit	\$270

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