

# SUPPORTING EMPLOYEE HEALTH

WELLNESS  
PROGRAM  
PROVIDED BY  
THE YMCA!



## YMCA OF GREATER DAYTON WELLNESS COACHING

Montgomery County has a certified YMCA Wellness Coach available to all employees to help initiate health and behavior change so YOU reach YOUR individual wellness goals.

### WHAT TO EXPECT:

- Meet on-one-one in person or virtually
- Set attainable health and lifestyle goals
- Address risk factors determined by health screening results
- Promote and engage employees in worksite wellness programs

### MEET THE WELLNESS COACH:

Naomi Callahan, has over 10 years of wellness coaching experience and offers support, encouragement, and accountability.



### MAKE AN APPOINTMENT:

To make a 20 minute appointment email [MCwellnesscoach@daytonymca.org](mailto:MCwellnesscoach@daytonymca.org) or call (937) 824-0365.

Types of appointments:

- Phone Call
- Zoom
- In Person at select locations

Want to learn more? Contact Naomi Callahan at [MCwellnesscoach@daytonymca.org](mailto:MCwellnesscoach@daytonymca.org).