



# SUPPORTING EMPLOYEE HEALTH



## YMCA OF GREATER DAYTON ONSITE WELLNESS COACHING

The YMCA's Onsite Wellness Coach initiates health-behavior change to help YOU reach YOUR individual wellness goals.

### WELLNESS COACHING:

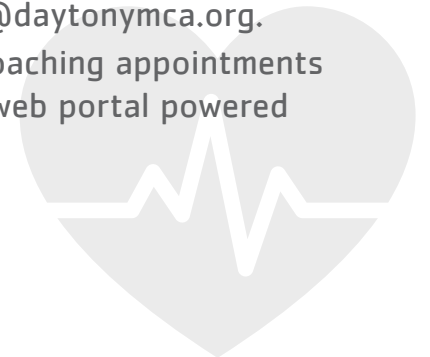
- One-on-one coaching with employees
- Work to address behavior or risk factors as determined by employee
- Promote and engage employees in worksite wellness initiatives
- Set health and behavior goals

### MEET THE WELLNESS COACH:

Naomi Callahan, comes to you with 10 years of wellness coaching experience. She offers support, encouragement, and accountability.

### APPOINTMENTS AVAILABLE:

- In-person wellness coaching, e-mail [MCwellnesscoach@daytonymca.org](mailto:MCwellnesscoach@daytonymca.org).
- Virtual wellness coaching appointments available through web portal powered by Wellvibe.



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