



MEET YOUR WELLNESS COACH



YMCA OF GREATER DAYTON ONSITE WELLNESS COACHING COMING JULY 13TH

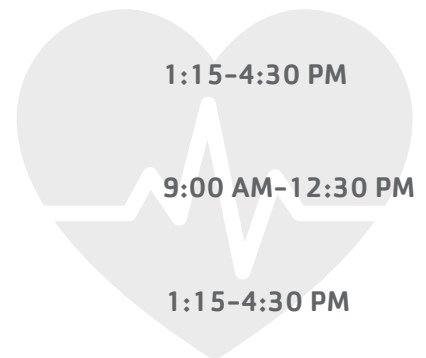
The YMCA's Onsite Wellness Coach initiates health-behavior change **through one-on-one appointments** to help YOU reach YOUR individual wellness goals.

WELLNESS COACHING:

- Prerecorded welcome video coming July 13th from Naomi Callahan.
- **To schedule an appointment with Naomi during these times** - e-mail MCwellnesscoach@daytonymca.org
- **Virtual wellness coaching** appointments available on web portal powered by Wellvibe.

LOCATIONS AND TIMES:

Monday, Aug. 24th Juvenile Court 380 W. Second St.	1:15-4:30 PM
Wednesday, Aug. 26th Environmental Services Solid Waste 2550 Sandridge Dr.	9:00 AM-12:30 PM
Thursday, Aug. 27th Job Center 1111 S. Edwin C. Moses	1:15-4:30 PM
Monday, Aug. 31st Common Pleas Court 41 N. Perry St.	1:15-4:30 PM
Wednesday, Sept. 2nd Environmental Services 1850 Spaulding Rd.	9:00 AM-12:30 PM
Thursday, Sept. 3rd Administration Building 451 W. First St.	1:15-4:30 PM



Want to learn more? Contact Naomi Callahan at MCwellnesscoach@daytonymca.org.