

HEALTH COACHING SERVICES



WHAT?

A **FREE** health coaching program designed and supervised by a Registered Psychologist.

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.



**Goal Setting & Individual
check-ins**



**Progress Reports
For you & your Doctor**



**Long-term support &
connection**

FIND OUT MORE
burnabypcn.ca

