

Wellness COACHING

Wellness Coaching is ideal for anyone ready to improve their health and well-being through lifestyle changes. Our certified health and wellness coach offers guidance in determining and setting attainable goals, and helps create a realistic plan to sustain long-lasting healthy habits. The support of a Wellness Coach offers numerous benefits to one's overall health and well-being.

MEMBER

45-Minute Wellness Coaching

Single Session \$95 Code: Well45-01	12-Pack \$1080 Code: W45-12	18-Pack \$1620 Code: W45-18	24-Pack \$2160 Code: W45-24
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NONMEMBER

45-Minute Wellness Coaching

Single Session \$110 Code: Well45-01	12-Pack \$1200 Code: W45-12	18-Pack \$1800 Code: W45-18	24-Pack \$2400 Code: W45-24
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For more information on Wellness Coaching, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org, or stop by Guest Services.



FITNESS CENTER
at the Buffalo Grove Park District

