

Wellness Coaching

at North Cypress Internal Medicine and Wellness

281-807-5300 northcypressinternalmedicine.com info@northcypresswellness.com

It's your journey...let us provide expert guidance at every stage



Why wellness coaching works

It's easy to set goals, but the real challenge lies in making them happen. Our Wellness Team understands, and offers a highly successful, motivational program to help you take the first steps, and the next, until you reach your destination. We'll meet you wherever you are on your journey and coach you to the next level. Along the way, we will:

- ◆ Partner with you to implement workable strategies
- ◆ Address and overcome your personal obstacles
- ◆ Create a completely customized wellness blueprint for you
- ◆ Keep you accountable and on track with realistic goals
- ◆ Inspire and challenge you to go beyond what you would do alone

*'Those who have their health
have a thousand wishes. Those
who do not, have but one.'*

- Indian proverb



NORTH CYPRESS
Internal Medicine and Wellness
Live healthy, live well.

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'Motivation is what gets you started. Habit is what keeps you going.'

— Jim Ryun, Olympic runner

A higher level of support

Our team of health and wellness professionals taps into their extensive training in positive psychology and behavioral science to identify your personal strengths and desired goals. We'll dig in to find out exactly what's holding you back and help you move forward with confidence. Our coaches offer

compassionate and effective guidance to support your discovery of:

- ◆ A higher purpose for wellness
- ◆ Your natural impulse to be well
- ◆ Your innate fighting spirit
- ◆ Small victories that build self-efficacy

Follow your path to:

- ◆ Maintaining your ideal weight
- ◆ Feeling fit and strong
- ◆ Healthy blood sugar and cholesterol levels
- ◆ Wholesome eating
- ◆ Enjoying an energetic lifestyle
- ◆ Managing stress
- ◆ Being fully engaged and satisfied with your life

Start your journey

Let us offer support as you move from where you are...to where you want to be. Coaching is most effective with a series of visits. We recommend a commitment to 3 months: weekly sessions for the first month, biweekly for months 2 and 3, and depending on your goals, monthly sessions thereafter.

Coaching Costs

First Session (60 min)	\$125
Second Session (45-50 min)	\$95
Follow up Sessions (30-45 min)	\$75
Package of 4 sessions	\$350

For your convenience, telephone coaching is available after in-person first and second sessions.

For Members Only

Participating new members of Dr. Serna's concierge practice are invited to experience the transformative benefits of wellness coaching with a special offer:

Package of 4 sessions	Complimentary
Additional sessions	\$35 each

Your Coaching Team

– Coach Ursula M. Waheed-Hutter, MAG. (FH), Certified Health & Wellness Coach, Behavior Change & Health Nutrition Specialist, and Certified Personal Trainer

In collaboration with our physicians and staff:

– Dorothy C. Serna, MD, CWP, FACP
– Kelly M. Englund, MD
– Stacey A. Gibittera, FNP
– Sarah-Ann Keyes, MS, PA-C



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