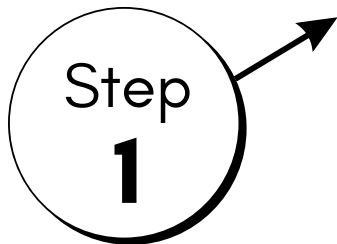


Health Goal Coaching

Meet with a health care provider 1 on 1 (your health goal coach) to fine tune your health goals.



Complete "Ideas into Action"

- Register for a live zoom session www.HealthyNS.ca scroll down to "Register online".
OR
- Complete a self-directed module www.HealthyNS.ca scroll down to "Self-directed module".



Meet with a Health Goal Coach (Appointment 1)

- Discuss the goal you are working on.
- Work together to problem solve.



Complete "Keeping it Going with Your Health Goals"

- Register for a live zoom session www.HealthyNS.ca scroll down to "Register online".
OR
- Complete a self-directed module www.HealthyNS.ca scroll down to "Self-directed module".



Meet with a Health Goal Coach (Appointment 2)

- Discuss the goal you are working on
- Work together to problem solve.



Continue on Your Health Goal Journey

- Use the skills and tools that you have learned to continue to set and achieve goals that are important to you.

To book an appointment call:

(902) 460-4560 (greater Halifax area)

(toll free) 1-855-444-5557 (outside greater Halifax Area)