



THE MORRISON CENTER
Integrative Medicine

HEALTH COACH SERVICES

The benefits of Health Coaching

- Develop healthy habits
- Feel more energized and focused
- Improve energy, digestion and mood
- Benefit from successful weight loss strategies
- Learn how to choose delicious, healthy food

Your personal health plan may include:

- Personalized recipes and meal planning
- Healthy food preparation techniques
- Individualized weight loss program
- Individualized goal setting
- Grocery store tour
- Pantry makeover

Long-lasting lifestyle changes begin with simple, attainable goals. Our knowledgeable health coaches will work with you to develop a personalized health plan and offer the in-depth support you need to discover your healthiest self.

No counting calories, no deprivation – just clean healthy food and lifestyle choices that will make you feel more vibrant, energized and focused.

To [learn more](#) about our Health Coaching services, please inquire at our front desk or call 212-989-9828.

HEALTH COACH SERVICES

30-DAY PROGRAM

- Initial 50-minute health coaching session
- One 50-minute follow-up session

60-DAY PROGRAM

- Initial 50-minute health coaching session
- Three 50-minute follow-up sessions

90-DAY PROGRAM

- Initial 50-minute health coaching session
- Five 50-minute follow-up sessions

PACKAGES INCLUDE ONGOING EMAIL AND TEXT SUPPORT

**INDIVIDUAL 50-MINUTE
HEALTH COACH SESSIONS AVAILABLE**

MEET OUR HEALTH COACHES



DEBRA KAPLAN



STEPHANIE KURZ

FOR FULL BIOS, VISIT WWW.MORRISONHEALTH.COM



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Hours by appointment