



Wellness and Lifestyle Coaching

FREE Individual Consults for:

- ◇ Weight Management
- ◇ Exercise Programming
- ◇ Fitness Goal Setting
- ◇ Lifestyle Balance
- ◇ Strength Training
- ◇ Nutritional Assistance

Open to all Emory Faculty and Staff

**Every Tuesday
by appointment**

8:00 am to 12:00 pm
Orr Building, ECLH

**Every Friday
by appointment**

1:00 pm to 5:00 pm
The Emory Wellness Center

Presented by Faculty Staff Assistance Program

EMORY
A Healthy Place to Work

For more information:
Call The Emory Wellness Center
at (404) 727-WELL

