



Health Coaching



Small steps to better health

We partner with you to improve your health. By offering **support, education, and encouragement**, we help you care for yourself. Your Marathon Health provider can talk with you about your health goals and concerns – and together make a plan to improve your health. Best of all, health coaching appointments are **free**.

What should I expect?

Your Marathon Health provider will help you set goals for health improvement that are in line with

your needs and aspirations. Once you've chosen the areas you would like to work on, we can help you create a **realistic, actionable health plan**.

Free health coaching can support you through weight loss, smoking cessation, stress, illness, and chronic conditions. By offering realistic tips and guidance, your Marathon Health provider helps you stay on track and achieve your goals.

We're here to help – every step of the way.

To schedule a free health coaching appointment, please visit my.marathon-health.com or call your health center.

CEBT Health & Wellness Centers

Widefield: 930 Leta Drive | 719-551-5808
Rifle: 707 Wapiti Avenue, Suite 201-A | 970-440-8085
Glenwood Springs: 1901 Grand Avenue, Suite 200 | 970-440-8087
Gypsum: 35 Lindbergh Drive, Suite 110 | 970-431-2871
Loveland: 2889 N. Garfield Avenue | 970-744-2866
Greeley: 4675 W. 20th Street Road, Unit B | 970-373-4625

CEBT
Benefit by Trust

