



**WILDWOOD
FAMILY CLINIC, S.C.**

"HEALTHCARE FOR ALL AGES"

SOMETIMES MEDICINE ISN'T THE ONLY ANSWER...

Reaching your full potential isn't done with medicine alone. In fact, lifestyle modifications such as nutrition, exercise and stress management are just a few of the ways that you can gain control of your health. Yes, your health *is* within your control, and we're here to help put you back in the driver's seat!

Wildwood Family Clinic realizes that sometimes knowing where to start can be the biggest obstacle preventing you from moving towards a healthier lifestyle. Staying on track, can be even harder. This is why Wildwood Family Clinic has developed a program called **HEALTH COACHING**, to give you all of the tools necessary to start a new you. Even better, our PA's (Physician Assistants) will be with you on your journey to educate you on the best lifestyle modifications, track progress, and offer support and motivation along the way.

The program consists of an initial 30 minute consult where you, and your assigned PA, take a comprehensive look at your health, habits, and goals. With the use of questionnaires and tools like a food diary, you and your PA will establish a plan of action tailored to your specific needs. Once underway, you will meet with your PA on a monthly basis for approximately 3-6 months, depending on your needs, to track progress, celebrate success and offer support as needed. The skills learned in this program will not only help with short term goals but, when applied daily, will result in long term success!

Take the first step towards a new you and schedule your **HEALTH COACHING** appointment today!

Your partners in health,

Wildwood Family Clinic

TO EDUCATE, GUIDE, SUPPORT AND EMPOWER OUR PATIENTS TO IMPROVE AND MAINTAIN OVERALL HEALTH AND WELL BEING THROUGH BALANCED AND HEALTHY LIFESTYLE CHOICES.