"My health coach helped me to set up goals as well as a vision. She provided clarity to my thoughts and what I wanted to accomplish. Emailing me a copy of what we talked about – goals, vision, and my confidence level has been so helpful to reference. I don’t think I would be on track without health coaching if I was ‘on my own.’"

Holly, Coaching Client

Cheri Farris Community Health Educator
cfarris@pphd.org | 308-262-2217
Health & Wellness Coaching
Improving population health one person at a time

Your coach will:

- Work with you to set your goals
- Help you gain confidence, knowledge, skills and tools
- Guide you to a healthier lifestyle
- Support you to achieve your health goals
- Encourage you to become the best version of yourself

"Having a health coach has helped me be more intentional about making healthy choices."
Kristy, Coaching Client