WELLNESS COACHING

YOUR VISION
How does your lifestyle need to look for you to thrive?

OUR EXPERTISE
Let's use your strengths and skills to turn goals into action.

MPOWER WELLNESS COACHES

Abby Read
- Registered Dietitian

Carey Shore
- Registered Dietitian
- Mayo certified wellness coach
- Yoga instructor
- Group fitness instructor

Samantha Bohrt
- Master Certified Health Education Specialist

Tricia Neus
- Mayo certified wellness coach
- Tobacco education specialist
- Certified Health Education Specialist

WHAT CAN A COACH HELP ME WITH?

- Motivation
- Eating habits
- Stress management
- Tobacco cessation
- Fitness
- Lifestyle changes

MpowerEmployers@mhd.com