

WELLNESS COACHING



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