



# Wellness Coaching

## Burns & McDonnell Health Center

Work with a wellness coach to achieve a lasting lifestyle change in the areas of weight, nutrition, exercise, smoking cessation, work/life balance, stress management and life satisfaction.

During your initial coaching session, your coach will help you:

- Assess your readiness for behavior change
- Collaborate to create a wellness vision
- Co-create an individual wellness plan
- Identify your motivators and strengths
- Identify potential barriers to the changes you want to make
- Begin to develop strategies
- Set long-term and short-term goals

Wellness coaching sessions are 100% confidential and available **free of charge** for all members. Meetings with a certified wellness coach can take place by phone or in person at Burns & McDonnell Health Center.

[Schedule an appointment today.](#)

Call the center, schedule online at [MyPremiseHealth.com](http://MyPremiseHealth.com) or use the app.

### Burns & McDonnell Health Center

1st flr, 9450 Ward Pkwy bldg, rht side lobby  
Monday-Friday, 7:30 a.m. - 5:30 p.m.  
Saturday-Sunday, Closed  
(816) 823-6000



**BURNS & MCDONNELL**