



Why are people enjoying the group health coaching program? Each session is 30 minutes, ensuring that you receive focused and impactful guidance. To ensure meaningful interactions and personalized support, we limit the number of participants to keep groups small and intimate. By connecting with the same group every month, you'll develop deeper connections with fellow participants and benefit from our experienced coaches tailoring their guidance to your specific needs.

BUILD & MAINTAIN HEALTHY HABITS with Sarah

Discover the essential strategies for building and maintaining healthy habits to achieve your personal wellness goals. Sarah will share valuable insights and practical tips to help you create more good habits in your life and enhance your chances of success.

POSITIVE PSYCHOLOGY with Denise

Explore the power of positive psychology and what drives genuine happiness. Denise shares creative ways to cultivate self-esteem, optimism, and perseverance in the face of life's challenges, along with strategies you can use to empower yourself to thrive and create the life you want.

UNDERSTANDING SLEEP with Denise

Discover the secrets to restful and rejuvenating sleep. Join Denise to explore sleep cycles and the factors that impact quality sleep. Learn practical tips to improve your sleep patterns and habits to optimize your mood, health, and performance.

MINDFULNESS, MEDITATION & MOOD with Denise

Are you curious about mindfulness and meditation? Discover how to use this simple, yet effective way to quiet the mind and build a healthy sense of perspective. Follow along as Denise guides you through meditation and mindfulness exercises to help you increase awareness, improve focus, and reduce stress.

PROSTATE HEALTH with Sarah

Prostate enlargement is a prevalent age-related condition. Over 1 in 3 men over the age of 50 experience symptoms. Join Sarah as she discusses simple lifestyle changes you can make to improve prostate health.

MENOPAUSE with Sarah

Learn more about menopause and the changes that occur during this phase of life. Our discussions will focus on the relationship between lifestyle choices menopause and explore practical strategies to address its negative effects.

Don't miss this opportunity to invest in your well-being and secure your spot in a group that interests you. Let us support you on your journey to a healthier and happier lifestyle.

If you have questions about any of these group health coaching sessions, or about health coaching in general, please email healthcoaching@ewsnetwork.com.

