

Are you ready to make a **healthy lifestyle change?**

Have you wanted to make a change, but don't know where to start?

We want to help you be the best you can be!

Winding Waters Clinic's
Health Coaches can help!



We have specially trained coaches to help you in your journey.
Inquire at Winding Waters Clinic and start making a change.

Lose Weight • Quit smoking
Increase exercise • Explore transitions
Brainstorm your future • Improve your health
Fine tune parenting skills • Manage anxiety
Address depression • Discover your truth • Reinvent yourself



541.426.4502
windingwatersclinic.org
7am-7pm Weekdays
9am-1pm Saturday

