

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

