



# THE H<sup>2</sup>LIFENB YOUR WELLNESS PARTNER IN EDUCATION:

HEALTH COACHING FOR  
EDUCATORS CREATED BY AN  
EDUCATOR

## Meet Certified Health Coach & Owner of The H<sup>2</sup>lifeNB, Annamarie Hedman

\*\*Former secondary educator of 10 years for Chicago  
Public Schools & Northside ISD

Specialties in:

- Family Nutrition
- Student-Athlete Nutrition & Performance
- Weight-Loss & Inflammation
- Diabetes Prevention
- Senior & Adult Nutrition
- Stress Management
- General Health Coaching
- Customized Recipe Collection/Meal Prep "How-To"



**NBISD EMPLOYEES RECEIVE  
25% OFF COACHING SERVICES  
& PROGRAMS**

Link to book your FREE initial  
consultation to discuss your wellness needs here:

<https://p.bttr.to/3PCgOuT>



THE H<sup>2</sup> LIFE  
— Live well. Live long. —

**Discount Code: NBISDWELLNESS at registration  
25% off all health coaching services**