

# HEALTH & WELLNESS COACHING

It's more than just losing weight, it's a change of life!



**Laura Williams, PA-C**  
Medical Provider,  
Next Level Urgent Care

Lead a healthier lifestyle with extremely practical program!

Each individual will receive information on nutrition, exercise, dieting, behavior modifications, body image, and more!

Individuals will learn healthy habits and how to manage long-term continued success.

Make an appointment with Laura Williams, Physician Assistant.

## KEY POINTS

- ✕ Program is personalized for each individual
- ✕ Accountability services and education to adopt lifelong healthy habits
- ✕ Focus on healthy habits, not medication
- ✕ Review lab work and discuss risks for diseases
- ✕ Reduce risk of chronic health conditions and reverse diseases
- ✕ Accept personal responsibility
- ✕ Get motivated to change
- ✕ Guide in building healthier relationships with self and increasing self-esteem
- ✕ A healthy weight is different for all individuals
- ✕ Exercise regularly

Included with your PRIME Membership at no additional cost to you!

Call 832-957-6200 or click the Next Level PRIME button on the Next Level app to schedule!

