



Summer Health Goals?

Receive support and encouragement to reach your health goals this summer!

Sign up on the blog to participate!

<http://blogs.svvsd.org/wellness>

Or email Carla

ckeahay@mybvcn.org



Your Nurse Coach will:

- Help you develop two attainable summer goals.
- Provide encouragement and relevant tips over the summer by email.
 - Provide one-on-one coaching if desired.

And as always... there will be prizes!

