



## Our Goal

The goal of the Be Well El Paso program is to give you simple tips that can be easily implemented through health coaching.

## Contact Us

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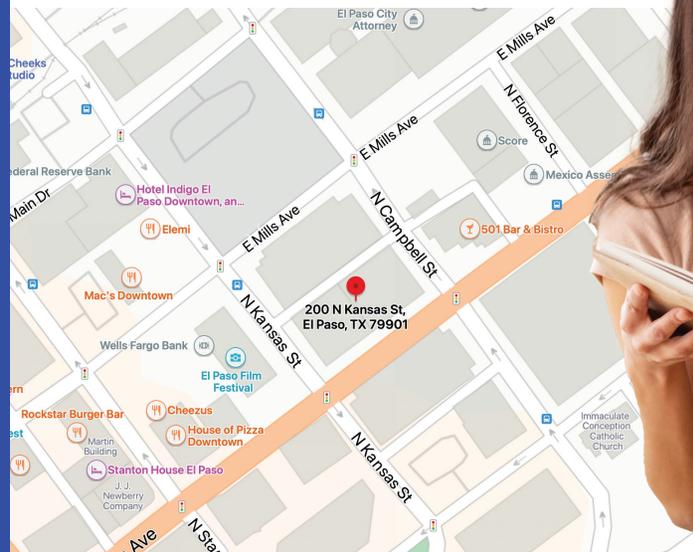
Helping families create healthier habits to feel energized and balanced

## About Us

Be Well El Paso is funded through the Supplemental Nutrition Assistance Program Education (SNAP-Ed) program.

Our program is a part of the Health Education and Promotion team housed within the City of El Paso Public Health Department.

Every individual has their own wellness journey. Our health coaches want to support your wellness journey and offer health guidance on emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual wellness.



Helping others heal leads to self-healing

# Services



Our **Group Health Coaching** offers an intimate environment to explore and guide you in wellness.



Our **Standalone Presentations** are available upon requests.



Our Certified Health Coaches will work on **Healthy Habit Creation and Implementation** through our interactions.



Coaches will offer participants **Accountability Support** for your change goals.



The **Nutrition Education** offered through Be Well is scientifically-based.



Our **Bilingual Health Coaches** will offer you services in English and Spanish.



Our coaches will vet material and offer resources through **Ongoing Email Support** to our participants.



## Local Obesity Prevention Strategies

- Improve our community's referral network
- Offer evidence-based education and training
- Develop partnerships to increase sustainability of services
- Encourage healthy lifestyles for families

## What is Health Coaching?

Just as a sports coach can help an athlete excel at a sport, a health coach helps individuals excel at living their life. In some cases, health coaches may even help support someone with a chronic medical condition (e.g., diabetes, hypertension). The coaching process is similar to talk therapy because it involves discussing ideas and issues, but it is different in that the person who is being coached is in the driver's seat, creating their goals as well as the strategies on how to arrive at these goals.

