



# North Cypress Internal Medicine and Wellness

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*'Motivation is what gets you started. Habit is what keeps you going.'*

— Jim Ryun, Olympic runner

## A higher level of support

Our team of health and wellness professionals taps into their extensive training in positive psychology and behavioral science to identify your personal strengths and desired goals. We'll dig in to find out exactly what's holding you back and help you move forward with confidence. Our coaches offer

compassionate and effective guidance to support your discovery of:

- ◆ A higher purpose for wellness
- ◆ Your natural impulse to be well
- ◆ Your innate fighting spirit
- ◆ Small victories that build self-efficacy

## Follow your path to:

- ◆ Maintaining your ideal weight
- ◆ Feeling fit and strong
- ◆ Healthy blood sugar and cholesterol levels
- ◆ Wholesome eating
- ◆ Enjoying an energetic lifestyle
- ◆ Managing stress
- ◆ Being fully engaged and satisfied with your life

## Start your journey

Let us offer support as you move from where you are...to where you want to be. Coaching is most effective with a series of visits. We recommend a commitment to 3 months: weekly sessions for the first month, biweekly for months 2 and 3, and depending on your goals, monthly sessions thereafter.

### Coaching Costs

First Session (60 min)	\$125
Second Session (45-50 min)	\$95
Follow up Sessions (30-45 min)	\$75
Package of 4 sessions	\$350

*For your convenience, telephone coaching is available after in-person first and second sessions.*

### For Members Only

Participating new members of Dr. Serna's concierge practice are invited to experience the transformative benefits of wellness coaching with a special offer:

Package of 4 wellness coaching sessions	Complimentary
Additional sessions	Discounted for members

## A Team Approach

You will receive dedicated guidance from one of our highly trained coaches, working in collaboration with our physicians and staff:

- Dorothy C. Serna, MD, CWP, FACP
- Kelly M. Englund, MD
- Stacey A. Gibittera, FNP
- Sarah-Ann Keyes, MS, PA-C



**NORTH CYPRESS**  
Internal Medicine and Wellness  
*Live healthy, live well.*