



# Wellness Coaching at North Cypress Internal Medicine & Wellness

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Setting goals may seem easy, but making them happen is the real challenge. Our Wellness Coaches understand and offer a highly successfully motivational approach to help patients take the first steps, and the next, until the destination is reached. They meet patients at any point in their journey to create an individualized blueprint for optimal wellness, providing support, guidance, accountability and abundant doses of motivation.

## *Move forward with confidence*

Our team of certified health and wellness professionals taps into extensive training in positive psychology and behavioral science to identify and eliminate a patient's individual roadblocks to success. They assess the patient's current health and level of fitness, and set personalized targets to reach essential goals including:

- ◆ Maintaining health and wellness through nourishment
- ◆ Achieving healthy blood sugar and cholesterol levels
- ◆ Enjoying an energetic lifestyle
- ◆ Managing stress
- ◆ Being fully engaged and satisfied with life

## *Be inspired*

A profound and meaningful level of support is provided by our dedicated coaching team, who partner with patients to help them discover:

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

## *For Members Only*

*New members of North Cypress Internal Medicine & Wellness are invited to experience the transformative benefits of wellness coaching. Schedule a complimentary visit with our team to explore how our program can benefit you.*

## *The Wellness Coaching/Lifestyle Medicine Team at North Cypress Internal Medicine & Wellness includes:*

- **Sarah-Ann Keyes**, Physician Assistant (PA-C)
- **Stacey A. Gibittera**, Nurse Practitioner (FNP)
- **Jamie Hohman**, Wellness Coach, MS, Exercise Physiology

**Working in conjunction with our physicians  
Dorothy C. Serna, MD, and Kelly M. Englund, MD**



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