



NEW!

Wellness Coaching!

After you leave Structure House we understand that returning to life at home can be stressful. To assist this transition, we've launched the Wellness Coaching Program, which allows certified wellness coaches to help you tackle some of the problems in your everyday life. This program centers around setting goals and being accountable toward meeting those goals.

Some topics that our coaching can assist with:

- ⇒ *Difficulties with Meal Prep*
- ⇒ *Work Life Balance*
- ⇒ *Staying Structured at Home*
- ⇒ *Exercise Goals*

Here's how it works:

If you are interested in receiving wellness coaching in the form of a thirty (30) minute phone call, you can call Participant Services to schedule a time that works best for you!

- **\$40 for one (1) phone call**
- **Bundle of 3 at \$35 each for \$105**
- **Bundle of 6 at \$35 each for \$210**

Meet Our Wellness Coaches



Dustin Raymer, M.S., C.E.P, C.H.W.C

Dustin is a certified Exercise Physiologist as well as a certified Health and Wellness Coach. He is the Fitness Director here at Structure House where he teaches many fitness classes while also offering personal training. Dustin is also responsible for conducting the fitness evaluations and helping participants with goal setting activities.



Lisa Nappi, B.A., R.N., C.D.E.

Lisa is a Registered Nurse as well as a Certified Diabetes Educator. She has worked with wellness in the past and is currently enrolled in a health coaching program with IIN. Lisa is our in-house nurse where she is responsible for conducting medical evaluations for all of our guests.

Lisa and Dustin are both excited to begin coaching graduates on their continued journey towards a healthy lifestyle.

If the need arises to speak with a therapist at any time during your coaching, our coaches can help connect you to the appropriate professional to help meet those needs.

CALL PARTICIPANT SERVICES TO SCHEDULE YOUR COACHING NOW!



(866)-803-9850