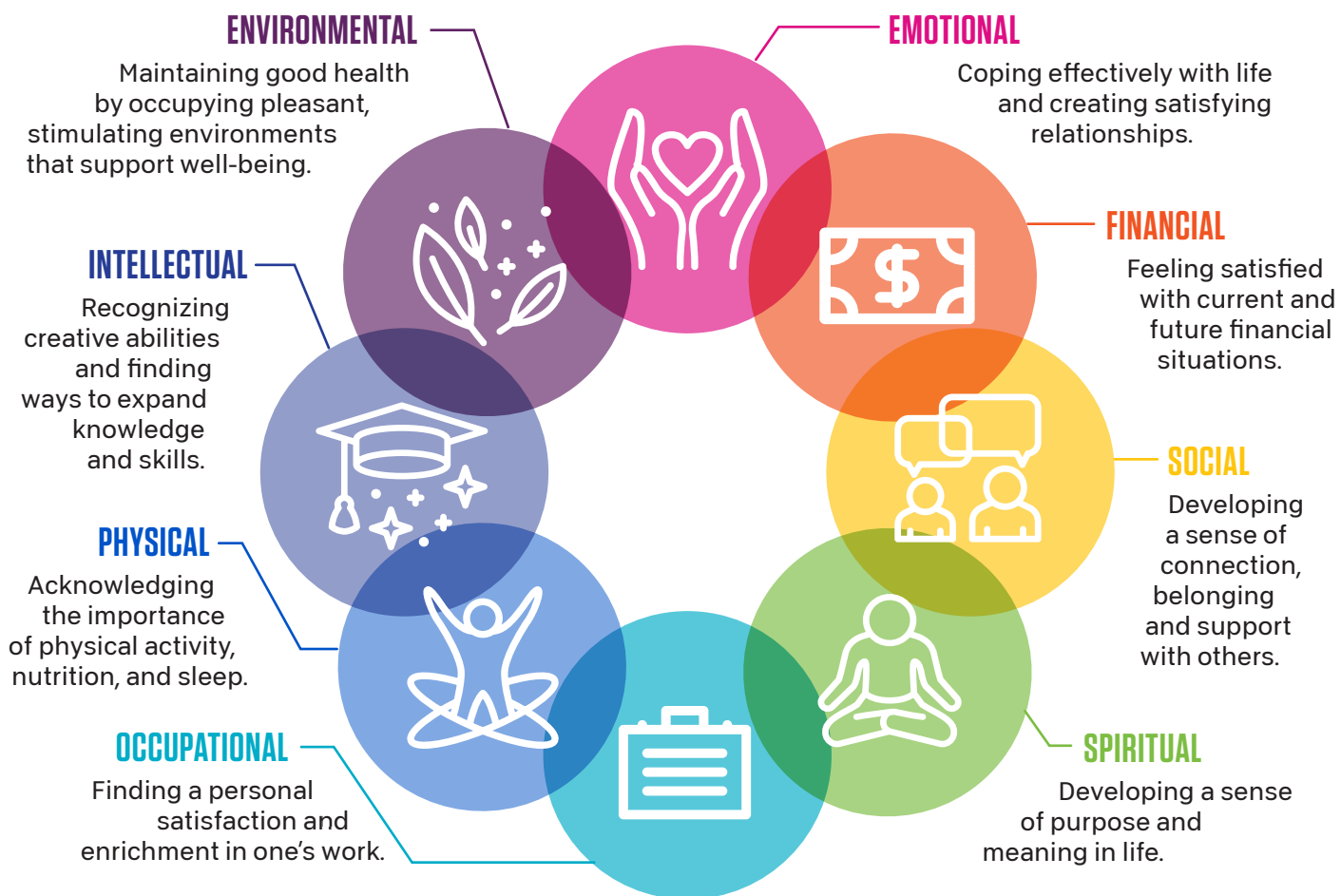


# WHAT IS

# WELLNESS?



At Merritt Clubs, we believe in a whole-person approach to health and wellness. Our team of certified **Health Coaches** is here to help you on your journey in reaching your unique goals.

### Our coaches assist members in the following areas:

- Weight Management
- Nutritional/Lifestyle Focus & Guidance
- Review Health History & Increase Lifespan
- Habit Behavior Change
- Improvements for Sleep
- Strategies for Energy Enhancement
- Self Care and Mindful Living
- Stress Reduction & Management
- Goal Setting & Accountability
- Organization & Accountability

OFFERINGS	MEMBER PRICING	NON-MEMBER PRICING
30-minute Wellness Consult	FREE	\$29
30-minute 1-on-1 Coaching Session	\$39	\$49
45-minute 1-on-1 Coaching Session	\$49	\$59
60-minute 1-on-1 Coaching Session	\$69	\$79
Four 45-minute Sessions Package	\$189	\$229
Four 60-minute Sessions Package	\$259	\$299