

# WCPR HEALTH COACHING

**Take charge of your health and wellness with your WCPR health coach!**

WCPR now offers personal one to one wellness and health coaching designed to get your results that you want in your life by partnering with you in meeting your wellness and health goals related to weight, nutrition, stress management, work life balance and general health.

**Customized health and wellness services include these area:**

- Healthy eating/Nutrition
- Weight Management
- Exercise Guidance
- Stress Management
- Work Life Balance



## Meet WCPR Health Coach Nancy Stevens...

My journey in becoming certified and trained as a health and wellness coach started when I began leading group fitness classes. I sincerely enjoyed being part of the process of my clients weight and exercise success stories here at WCPR! I am passionate in all things health related because each one of us can be a change maker! As a health coach I have the honor of helping create an “action plan” and working with each client to achieve success.

**Get started today by contacting Angel Kines at 615-642-7510 or [angelk@williamson-tn.org](mailto:angelk@williamson-tn.org)**



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NANCY-STEVENS  
COACHING

**Health coaching services available at:**

**Franklin Recreation Complex**  
1120 Hillsboro Road, Franklin

**Nolensville Recreation Complex**  
7250 Nolensville Road, Nolensville

**Indoor sports Complex**  
920 Heritage Way, Brentwood

**Consultation Fee: \$20.00 per person**  
**Session Fee: \$50.00 per person, per session**

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