

## *Alive & Well* Compassionate Health Coaching

- Do you have changes that you've wanted to make but haven't known how or haven't been successful making in the past?
- Do you want professional support to optimize your self-care as you face a chronic health challenge or a recently diagnosed condition?
- Do you want to feel more energy, less stress and increase your positive health choices in everyday life?

In health coaching you set the agenda for your health. You decide where you want to be and I help you develop a plan and stay connected with you to help you get there. You bring the goals and I bring my expertise in behavioral change to support your movement toward a healthier, more satisfying life.

Any concern that gets in the way of actively caring for yourself is the perfect subject with which to begin coaching. I'll partner with you to make lifelong changes that will help you feel better every day.



**Cissy Brady-Rogers** is a Duke University Integrative Medicine trained health coach. She brings 20 years of experience as a licensed marital and family therapist specializing in eating disorders, spirituality and women's health to her coaching. In addition to her coaching and clinical work, she blogs on health related topics ([www.cissybradyrogers.com/blog](http://www.cissybradyrogers.com/blog)) and speaks on mental, physical and spiritual health for professional and community groups. Cissy is a clinical member of the California Association of Marital & Family Therapists and the International Association of Eating Disorders Professionals. She is also a certified yoga teacher, spiritual director, and full of gratitude to be enjoying her twenty-first year of life following breast cancer treatment at age 30!

**Starter Package:** 7 individual sessions, Personalized Health Planning workbook, M-F email/text support - \$949.00.

**Discovery Package:** 3 individual sessions, Personalized Health Planning workbook, M-F email/text support - \$424.00.

**Individual Coaching Sessions:** to clarify and address an immediate concern - \$150.00.

For more information/no-fee phone consultation: [cissy@cissybradyrogers.com](mailto:cissy@cissybradyrogers.com) or 626-254-1724