

### These Services are FREE.

Saunders Medical Center is committed to helping you achieve your health and wellness goals. **You direct your goals.** We assist you in creating a plan and offer accountability.

There is **no charge** for the health coaching services, it is simply part of our mission of serving our community: to assist you in living the best you can!

We are here to *assist you in reaching* your personal health and wellness goals.

Call us at **402 443-4191** or email [HealthCoach@SaundersMedicalCenter.com](mailto:HealthCoach@SaundersMedicalCenter.com) today to learn how we can become part of *your personal wellness team!*

*Exceptional Care  
Close to Home—*



*Be Well.*

1760 COUNTY ROAD J WAHOO, NEBRASKA 68066  
**402.443.4191 | 1.888.501.4762**

ASHLAND FAMILY CLINIC  
705 N. 17TH AVE. ASHLAND, NEBRASKA 68003  
**402.944.2201**

## YOUR CLINICAL HEALTH COACH

*Empowering you to  
improve your own  
health outcomes!*



*Be Well.*

### Examples of How We Can Help

Your Health Coach can assist you in many ways. Here are a few examples:

- Learn more about nutrition
- Create a **smoking cessation** plan
- Reduce your weight
- Control your **diabetes**
- Create exercise plans to improve your range of motion, muscle tone or stamina
- Prevent setbacks
- Connect you with community programs
- Discover your motivation for improved health
- Improve your **cardiac health**

**Call us!** We will assist you to manage these or other conditions.

*“Life’s not about waiting for  
the storm to pass...  
It’s about learning to  
dance in the rain!”*

-VIVIAN GREENE





Create a confidential  
*partnership to  
achieve your  
personal  
wellness goals.*

## MEET OUR CLINICAL HEALTH COACHES—

Do not let \_\_\_\_\_ (*fill in the blank*) prevent you from living your life to its absolute fullest. We are here to listen to your goals and work together to create a plan to achieve them!



JUDY PEARSON, R.N.  
33 YEARS

JUDY HAS SERVED PATIENTS in intensive care, coronary care and cardiac rehabilitation. She also served our community as SMC's director of nursing and lives in rural Ceresco. She is passionate about helping you realize your wellness goals.



LORI RUSSELL, R.N.  
21 YEARS

LORI HAS SERVED OUR community in the areas of infection control and wound care. She has served as SMC's long-term care director of nursing, care plan coordinator and clinic supervisor. She lives near Cedar Bluffs. She is excited to serve you!

## A personal story of care. . .

I JUST DIDN'T FEEL GOOD...I HAD been feeling this way for several years. My health was declining and no one could figure it out. I knew if I didn't get to the bottom of it, I would no longer be walking this earth in a few years.

I approached my doctor and she said, we will get to the bottom of this. She ran some tests and over four hours later she came in and announced "You have diabetes." I hugged her! I was joyful! Now I simply needed to learn how to live with this.

They introduced me to Judy, one of the clinical health coaches. Both Lori and Judy are such sweethearts. I worked with them to understand my disease. They helped me understand how to apply this to my life.

I am the type of person that wants to know what will happen if I *don't* do it. So I asked. They gave me the information I needed. I realized I needed to make changes. The coaches taught me *to care for myself, in this new way.*

I now had the information I needed to make changes and live better. I have so much energy now! They are there for me anytime I need help along the way.

The whole world opened up when I met Judy. Truly, they saved my life.

—*Irene Whitmore*  
WAHOO, NEBRASKA

*Working with Clinical Health Coaches  
to Achieve Health Goals Since July 2012*

*Don't know who to turn to?*

We can also connect you with community resources.



*Looking to prevent a setback?*

*Yearn to feel better?*

*We can help you.*

*Helping to motivate you to live your life to the fullest!*

SAUNDERS  
MEDICAL & CENTER

*Be Well.*