

Health Coaching Plans

If you're interested in making changes in your exercise habits, meal planning, etc., you may be interested in a personalized health coaching plan.

How it works:

- Open to community members of T'exelec, Xatsull, or Stswecem'c Xgat'tem,
- Complete a Fitness Assessment Questionnaire. Online follow the link (Facebook) and download the fill in form. Also available on the TCHSS website
- Email completed form to KJasper@threecornershealth.org; or fax it to 250-398-9824; or drop in TCHSS Mail slot
- Kayla will then set up a phone appointment to help determine what you're looking for



If you have any questions, please contact our Healthy Living Coach at KJasper@threecornershealth.org — if you are in need of Nursing or Mental Health Services, please contact our office at 250-398-9814