



# The Wellness Waterfall Summer Schedule

Tuesday June 30<sup>th</sup> @ 7pm EST

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Tuesday July 21st @ 1pm EST

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Hi, I'm Jill - Mayo  
Clinic and  
National Board Certified  
Wellness Coach

- Each session will be 60 minutes
- Sessions include guided discussions, dedicated time for goal setting, and Q&A
- You'll receive a goal action plan template to track your progress between meetings.
- Come prepared with questions and be ready to participate—your input makes our community stronger

## Want 1-1 Focus, Consistency, & Accountability?

- Walk through your habits and routine in detail
- Find your "Why" and how to use it as motivation to reach your goals
- Accountability Check-ins Between Sessions
- Exclusive Pricing Available to members for the Summer Coaching Membership
- 6 Sessions - Call, text, or email to discuss (910-520-7699, [waterfallcoach@gmail.com](mailto:waterfallcoach@gmail.com))

[www.waterfallcoach.com](http://www.waterfallcoach.com)