

FREE Health & Wellness Coaching



Dan Schletty

Riverwood Health & Wellness Coach

To schedule an appointment contact Dan at:

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Health and Wellness coaching is an individualized partnership where the coach works together with you to address lifestyle changes in an effort to improve your overall health and well-being. During each coaching session, personal barriers, lifestyle habits and personal goals will be discussed. Coaching topics include (but not limited to) tobacco cessation, weight management, stress management, hyperlipidemia, hypertension, healthy eating and pre-diabetes.

Frequently Asked Questions:

1) How long are the coaching appointments?

- a) Initial: 60-minutes
- b) Follow-Ups: 30-minutes

2) What can I expect during a coaching appointment?

- a) Address barriers to lifestyle changes, self-motivation, readiness to change
- b) Discuss individualized plan to achieve short-term, long-term wellness goals

3) On average, how many appointments could one expect?

- a) 4-8 total appointments (varies on individual progress)

4) Where will the coaching appointments take place?

- a) Aitkin, Garrison and McGregor clinics
- b) Coaching will be offered face-to-face or telephonic

5) Is it possible to set up small group coaching sessions?

- a) Yes. This can be arranged.

6) Is Health Coaching like therapy?

- a) No. A coach is not a therapist. While a therapist may typically help a client work through past issues that affect the present, a coach will focus on the present and help the client move toward their health related goals through an action oriented process. A Health Coach also does not diagnose or replace that advice from your healthcare provider

7) Do I need a referral from my provider to enroll in coaching?

- a) No, however it is recommended. The relationship you have built with your provider is very important and valuable. Your provider will be able to help identify if the program is right for you.