

CareHere!



# COACHING

**AT NO COST TO YOU!**

Lose Weight • Manage Stress • Explore Exercising  
Quit Tobacco • Improve Sleep • Maximize Your Health

## MEET YOUR HEALTH COACH

**KATHY MEAD FRONHEISER, MS, ACE, CHC**



**APRIL 24 | 12:30 PM - 2:30 PM**

**ANDERSON COUNTY COURTHOUSE ROOM 118A**

Schedule a telephonic appointment with Kathy at the Thrive Health & Wellness Center to discuss your wellness goals. Whether your goal is to lose weight, learn techniques for managing stress, or just feel better, Kathy can assist you on your journey to becoming the healthiest version of YOU!

To schedule an appointment with Kathy, please call 877.423.1330.