

Lifestyle Wellness Program

New for 2024!

**Ready to make changes?
Here is your place to start.**

Augusta Well Together wants to empower you with the knowledge and programming that you need to live a healthier life!

Your integrative lifestyle wellness plan will provide you with free individualized health programming to help you improve your health metrics and overall quality of life



540-332-4225

Your FREE program includes:



**Nutritional
Counseling**

Augusta Health team members can receive free nutrition consultations with an in-network dietitian. You will have access to the nutritional education and tools needed to manage medical conditions, lose weight, or improve overall health.

Must be enrolled in AH Medical Insurance - up to 30 free sessions per year



**Medical
Fitness**

Our fitness team offers guidance for a safe exercise regimen, preventing health issues and improving overall quality of life. The package includes 4-14 sessions with a personal trainer over an 8-week period.



**Health
Coaching**

Get a personalized Holistic Wellness Plan with three months of accountability under a Health Coach's guidance. Achieve your goals and overcome obstacles with motivation and tailored support.