

Book Your FREE Coaching Session Now!



Coping during COVID-19 has been a real challenge. Even in the best of times, maintaining healthy habits is challenging. The isolation and stress of this pandemic can make it feel darned near impossible. And yet the rewards of movement and good nutrition have never been more important to our overall health and resilience.

When it comes to motivation, there is nothing like support to help us reach our goals. That is why we have introduced our new Wellness Coaching sessions to the HealthySelf Program. Your coach will be Maureen Sullivan, a trusted member of the Maine Pines' team since the 1980's. Maureen's extensive experience and credentials as a fitness instructor and personal trainer make her an ideal fit for the program.

How does the Wellness Coaching program work? Coaching will focus on achieving personal wellness goals, including fitness, nutrition, and stress reduction. The first 30-minute session is FREE. Additional sessions can be scheduled for 30 minutes (\$30) or 60 minutes (\$50). Some insurances may cover program cost.

Testimonial from a current client:

"It was so helpful to have Maureen help me figure out what to focus on to improve my health. She is very encouraging and reminds me that small changes over time are a big step. Now I feel more confident that I will continue to make gains I had been unable to make on my own. I would encourage others to use her support with this program" – Judy Muller

For additional information on this program or to schedule your first session, please email smacmillan@mainepines.com or call Maine Pines at (207)729-8433.

