

You have a choice.

You have a choice to learn more about the health issues that concern you . At Interra Health we offer Lifestyle Management Education programs designed to provide you with the most up-to-date, accurate information on your concerns.

We are currently offering the following topics:

Nutrition	Physical Activity	Aging Gracefully
Heart Health	Diabetes Education	Body Image
Men's Health	Women's Health	Tobacco Addiction
Healthy Sleep	Weight Management	Stress Management

Schedule an appointment with your Health Coach at www.interrahealth.com or by calling 866-814-1016. Everything is done over the phone, so you don't have to go anywhere. It's also a free service offered by your employer.

Are you prepared to make lifestyle changes? The choice is yours.

