Side 1

**Need support in making real, lasting lifestyle and behavior changes?**

My name is Amy. I am studying to become an ADAPT-Certified Functional Health Coach. My training involves many science-based practices that improve both our health and how we grow and change as humans. I now have the opportunity to turn that knowledge into practice by coaching actual clients interested in improving their own health and well-being.

Side 2

Functional health coaches…

* Leverage your strengths rather than focus on your weaknesses
* Support you in finding your own strategies and motivation for change
* Provide a judgment-free zone and support your autonomy
* Use an experimental mindset to find and develop sustainable habits
* Act as your accountability partner as you reach your unique health goals; whether they be improving sleep, diet, fitness, social connection, or reducing stress.

I would like to invite you to participate with me as a client as I continue to hone my coaching skills. We can develop a plan and schedule that aligns with your goals.

As a way to give back to my community, I am offering new clients six free coaching sessions. This is a limited time offer.

Please contact me. I’m ready to support you as you work to improve your health.

Amy Sebring

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