

HEALTH COACHING SERVICES



WHAT?

A **FREE** health coaching program designed and supervised by Psychologists.

WHO?

For people at risk for, or with early-stage chronic disease who could benefit from lifestyle changes.

HOW?

Ask your doctor if B Well is right for you. Any Burnaby Family Physician or Nurse Practitioner can refer their eligible patients.

WHY?

To help people reach healthy lifestyle goals through small, manageable, self-directed changes.



**Goal Setting & Individual
check-ins**



**Progress Reports
For you & your Doctor**



**Long-term support &
connection**

FIND OUT MORE
burnabypcn.ca





Science tells us that there is no one right path to improve health.

B Well adopts a 'small changes' approach!

Values & Aims

Our approach

- Meet patients where they are at; understand first, then provide skills and support
- Work collaboratively; promote realistic expectations in a judgement-free way
- Co-develop customized care plans

What sets us apart from other traditional programs

- It's **not** about a quick fix — we aim for long-term sustainable change
- Help individuals find what works for them
- Offer new ways for patients to care for themselves

Session Topics and Content

Welcome	Self-compassion	Social Support
Movement	Mindful Eating	Body Acceptance
Fuel/Nutrition	Sleep	Problem Solving
Thoughts	Stress	Moving Forward
Habits	Communication	Self Monitoring

Ask your Primary Care Provider about B Well!

