

Health Coaching



HEALTH
AND
WELL-BEING
MADE
SIMPLE.

Are you feeling

unwell?

unhappy?

uninspired?

or unsatisfied?

I understand and

I can help.

About Your Coach

RAE-ANNE JAMMER

CWP, WWHP, CFT

For 20 years now, Rae-Anne Jammer has dedicated her life to helping adults, families and youth improve their health, their well-being and their quality of life.



A Certified Wellness Coach, Workplace Wellness Specialist, Certified Fitness Trainer and member of the National Wellness Institute, Rae-Anne is a passionate, sincere and empathetic wellness professional. As someone who lives with two chronic autoimmune diseases (Systemic Lupus and a blood disorder called ITP), she sets a wonderful example of the value and benefit that living a wellness lifestyle can bring.

A renowned expert and sought after speaker in stress management and wellness, Rae-Anne has been featured at conferences and trade shows, in newspapers and magazines, and on radio and television. She and her husband Clinton, an award-winning Wildlife Artist, live in Blackstock, Ontario.

A Personalized Program to Improve Your Health and Enhance Your Well-Being

HEALTH COACHING TEACHES YOU HOW TO MAKE SIMPLE LIFESTYLE CHANGES THAT WILL HELP YOU LOOK BETTER, FEEL BETTER AND BE HAPPIER.



PROGRAM DETAILS

TestWell® Lifestyle Questionnaire

Assesses health, wellness and at-risk lifestyle behaviours.

Nutri-Body® Questionnaire

Assesses bodily signs related to nutritional imbalance.

StressMap® Questionnaire

Assesses 21 sources of stress and your responses to them; measures your strengths and vulnerabilities; and identifies your coping assets and liabilities.

Computerized Nutritional Analysis

Assesses your nutritional intake based on the five components of nutrition, including a detailed vitamin and mineral profile.

BMI Assessment

Measures your body composition and assesses your current weight.

Personalized Wellness Plan

Private Health Coaching

(see pricing for included hours)

PROGRAM PRICING

Basic Program \$249

TestWell® Lifestyle Questionnaire
Nutri-Body® Questionnaire
3 hours of private coaching*
Personalized Wellness Plan

Enhanced Program \$329

TestWell® Lifestyle Questionnaire
Nutri-Body® Questionnaire
StressMap® Questionnaire
4 hours of private coaching*
Personalized Wellness Plan

Premium Program \$399

TestWell® Lifestyle Questionnaire
Nutri-Body® Questionnaire
StressMap® Questionnaire
Computerized Nutritional Analysis
BMI Assessment
5 hours of private coaching*
Personalized Wellness Plan

**Additional private coaching with program purchase: \$40.00 per hour.
À la carte private coaching without program purchase: \$50.00 per hour.
Coaching provided in person or via tele-coaching. All prices plus HST.*

START TODAY!

Call Rae-Anne now at 1-866-921-9355 to book your free, no obligation consultation.

Improve your health and enhance your well-being today!

Call Rae-Anne toll-free at (866) 921-WELL.

(866) 921-9355

Rae-Anne Jammer, CWP, WWHP, CFT
CERTIFIED WELLNESS COACH

Serving Durham Region

Toll-Free (866) 921-9355

www.PathwaysHealthPromotion.com