



# FREE HEALTH COACHING

**Are you a woman between the ages of 40-64 years?**

What are your health goals? Reduce weight? Eat healthier? Increase physical activity? Improve blood pressure? If so, health coaching is for you! Health coaching encourages women to participate in health programs to improve their overall health outcome. West Central District Health Department (WCDHD) is now offering programs to encourage physical activity and weight reduction to those who qualify.



**30% OF  
NEBRASKAN'S HAVE  
HIGH BLOOD  
PRESSURE**

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**22% OF  
NEBRASKAN'S ARE  
PHYSICALLY  
INACTIVE**

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**30% OF ADULT  
NEBRASKAN'S ARE  
OBESE**

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**FREE INCENTIVES TO  
THOSE WHO  
QUALIFY!!!**

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SOURCES: WCDHD COMMUNITY HEALTH STATUS ASSESSMENT, 2017 COMMUNITY HEALTH RANKINGS

**WEST CENTRAL  
DISTRICT HEALTH  
DEPARTMENT**

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more information