Supportive Coaching:

**Through this time of need, Healthy Adventures Foundation is offering supportive coaching to people who are feeling socially isolated and lonely or just need someone to talk to. Give us a call to leave a message or email us at healthcoach@healthyadventuresfoundation.org to have a coach reach out to you.** Sessions are roughly 5-30 minutes and meant to provide a conversation to someone who needs it. Availability may be limited based on demand and we will do our best to have a coach contact you as soon as possible (usually within 24 hours). This is available at no-cost through April 18, 2020.

Contact us to set up a session:
619-466-4386 (leave a message)
healthcoach@healthyadventuresfoundation.org

**Healthy Adventures Foundation’s Qualifications**

Healthy Adventures Foundation (501c3) has been actively improving the health of individuals, groups and communities since 1997. Our full-time, benefited staff is highly skilled, with wide variety of degrees and complimentary certifications in organizational psychology, public health, social work, physical education, kinesiology, and nutrition, with a variety of expertise, education, and experiences.

Contact information to schedule or for more information: healthcoach@healthyadventuresfoundation.org or 619-466-4386