



Coach Andrea

2nd Tuesday 8:00 – 10:00 am

**Telephonic and
Zoom Coaching
Available!**

Coach Joan

1st Wednesday 8:00 – 11:00 am

1st Wednesday 2:00 – 4:00 pm

3rd Wednesday 2:00 – 4:00 pm

4th Wednesday 8:00 – 12:00 pm

**MEET
WITH A
HEALTH
COACH**

Coach Kelly

1st Wednesday 8:00 – 1:00 pm

4th Wednesday 2:00 – 3:00 pm



PimaCommunityCollege
Employee Wellness Program



Schedule your Free & Confidential 30 Minute Session Today!

<https://pcc.as.me/schedule.php>