



# Health Coaching: Explore Your Vision & Values

Discover how health coaching can support lasting healthy lifestyle changes.

This webinar will introduce the coaching process and guide you in exploring your health vision and values to clarify what matters most for your well-being.

Virtual Session led by Kanan Mahendru, MPH, NBHWC

Phone: 571-472-3500

This class will take place the first Tuesday of each month starting March 3rd, 2026

Time: 6-6:45pm

Location: Virtual

Scan the QR code to register

