



GENERAL CONFERENCE
Adventist
Health Ministries



Lifestyle Coaching



www.healthministries.com/lifestylecoaching

Lifestyle Coaching Skills is a workshop curriculum created to equip people interested in helping others make lifestyle changes that will lower health risks and improve health. Changing a health habit is not an easy process. The challenges of everyday life and the power of long-term habits make it difficult for people to implement the information shared. Lifestyle Coaching Skills uses biblical principles to provide personalized support that can cut through common barriers to lifestyle change.



**For more
information scan
the QRCode.**

