

it's a new day...

it's a new you

Free Health Coaching to St. Elizabeth Associates

Are you trying to make a healthy lifestyle change?

Are you feeling discouraged about the results?

Do you need encouragement, accountability and motivation?

Health coaching may be right for you.



Target Health's Jason Dinn is a Certified Wellness Coach with over seven years of industry experience. He has helped hundreds of people reach their health and wellness goals. Just hear what some of his clients have to say:

“Through your help, I was able to lose 75 lbs. and six sizes. I feel better and have more energy to do things with my friends and family. You're an excellent coach and I appreciate the advice without being judgmental or condescending!”

“Jason is very knowledgeable about wellness. He always had an answer for me or a resource to give me. He equipped me with the right tools to do the job well. He was concerned for me and encouraged me often.”

“While attending health coaching, I gained very useful knowledge that changed my life. I am now able to manage my weight and stress by eating healthy and exercising regularly. I thank God for his help in giving me the tools that I need to live a healthy life.”



Health coaching clients are also eligible for a free health screening and health risk assessment.

**To schedule your first appointment or for more information,
call 859-301-6128 or jdinn@stelizabeth.com.**

