

HEALTH COACHING PRICING

Andrea Didisheim is an Integrative Health and Wellness Coach certified through Duke Integrative Medicine. Health Coaching empowers you to make lasting behavioral changes in areas of your life where you may feel “stuck” or unsure of how to reach personal goals. With a client-centered approach, a plan is made to deepen knowledge, improve performance, cultivate greater focus and awareness of choice, and elevate your quality of life. Andrea provides support, guidance, accountability, and resources to help you create new habits that stick. These goals might include increased exercise, improved nutrition, weight loss, more restorative sleep, stress regulation, or mind-body awareness.

Available in person or virtual.

Private 30-minute sessions	Total
1 session	\$49
6 sessions	\$265 (\$44/session)
10 sessions	\$420 (\$42/session)

Private 45-minute sessions	Total
1 session	\$79
6 sessions	\$455 (\$76/session)
10 sessions	\$730 (\$73/session)

Duet, group, larger package, and new member pricing are also available. All listed rates are for Health & Wellness Center members. For guest rates, contact personalservices@jewishforgood.org

Visit www.jewishforgood.org/personal-services to get started!