

How much will it cost?

The Health and Wellness Coaching offered at Lorne Community Hospital is a subsidised program. A nominal fee may be requested.

For further details please discuss this with your health coach.

Testimonials

"The information and discussions have provided me with more insight and positive outcomes in my life generally, greatly impacting my health."

"Achieving goals and seeing improvements was exciting. Likewise, when results are not what you are after, coaching helps you understand why and how to overcome these and to get back on track."

How do I book an appointment?

Simply contact the Lorne Medical Centre on 5289 4333 and request an appointment with one of our health coaches.



Health & Wellness Coaching



Lorne Medical Centre
Albert Street
Lorne Victoria 3232

Ph:03 5289 4333

www.lornemedicalcentre.com.au

Talk to us today to discover how our health and wellness coaches can assist you.

LORNE 
medical centre

Health and Wellness Coaching

The Lorne Medical Centre has introduced Health Coaching for people with chronic illness, such as asthma or diabetes.

Health coaching can be defined as helping patients gain the knowledge, skills, tools and confidence to become active participants in their care so that they can reach their self-identified health goals.

Coaching helps you with any behavioural and lifestyle changes that you want.

Inside all of us there is the potential to achieve optimum health and wellbeing.

Believing in ourselves and tapping into our potential is often difficult, this is where a coach can assist you.

Coaching provides a setp by step structured approach that will empower you to make lasting changes.



WHO IS ELIGIBLE?

We are looking for people with or at risk of:

- Cardiac disease (high blood pressure, cholesterol, stents, bypass....)
- Asthma
- Diabetes
- Lung disease (emphysema, bronchitis)

What is involved:

- Exercise and education to help improve your health, fitness and wellbeing.

People with injuries such as back pain, rotator cuff, hip replacement are welcome!

We also run a wide range of exercise programs, most days of the week. Feel free to contact the Lorne Medical Centre on 5289 4333 for further information.