



**H3** at home

**Your Journey Does Not End Here.**

**We want to support and encourage you  
every step of the way.**

# What is Wellness Coaching?



**H3 at Home provides ongoing post-stay support and encouragement for guests committed to a successful transition home.** A Wellness Coach will guide and support you in taking on the challenging task of implementing new habits in diet and exercise by breaking those behaviors down into small, achievable, yet impactful goals.

Weekly phone calls provide the motivational coaching, strategic planning, and positive support that will set you up for continued success with your weight management and health goals.

Wellness Coaching trains you to be the expert on your path to your best Self.



## All plans include:

- Wellness Initial Assessment and Vision Statement
- Weekly 30-minute phone coaching sessions
- Invitation to H3 at Home private Facebook community
- Monthly panel discussion and Q&A
- E-mail support from your Wellness Coach



### PICK YOUR PLAN

<b>3-month Program</b> <i>(11 sessions)</i> <b>\$825</b>	<b>6-month Program</b> <i>(23 sessions)</i> <b>\$1,350</b>	<b>Wellness Assessment</b> <i>(1 session)</i> <b>\$140</b>
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Initial Assessment may be scheduled in person prior to departure or post-stay via phone.

*\*LoseWell program includes 1 month of H3 at Home Wellness Coaching.*

*Pair your plan with a Book Now and enjoy a reduced deposit of \$500 per week.*

*Must sign up within 6 months of departure. Payment due in full with registration. Plans may be renewed within one month of completion.*

# Meet Your Coaches

## BRANDI L. STREETER



**From the start,** Brandi actively pursued interests in health and wellness, earning her Bachelor's degree in Biological Sciences from Binghamton University. During her time in the medical field, Brandi discovered her passion for working with individuals and groups to build relationships and empower individuals to become their best selves. This led Brandi to Canisius College in Buffalo, NY, where she graduated with a Master's degree in Mental Health Counseling and

worked locally as a Substance Abuse Counselor. Eventually family and the beautiful weather motivated Brandi to relocate to Hilton Head. ACE certified Health Coach, Brandi quickly realized what a special place H3 is. Brandi has extensive training and experience with Motivational Interviewing, Solution Focused, Mindfulness, and Person-Centered approaches, that she employs to support individuals on their wellness journey.

## ANDREW EVANS



A part of our team since 2015, Andrew's degree in Exercise Physiology, passion for outdoor recreation like kayaking, paddle boarding and island sunsets, and interpersonal skills in listening and motivational interviewing make Andrew a versatile asset to Hilton Head Health. Certified as an ACE Health Coach, Andrew provides accountability, motivation, and encouragement

as a sounding board for his coaching clients as they create and make progress through a series of small, achievable goals to work toward their long-term health and weight management. Andrew also coordinates our recreation activities and special local events.

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We understand the transition back home can be a challenging one.  
We're here to help with weekly support.

Contact a Coach today at: [coach@hhhealth.com](mailto:coach@hhhealth.com)  
for more information.

