

Health Coaching



Take steps to better health

Wellness is a journey not a sprint. By offering support, education and encouragement, we partner with you at **no cost** to gradually improve your health.

Your CEBT Health & Wellness Center provider will help you set goals for health improvement that are in line with your needs and aspirations. Once you've chosen the areas you would like to work on, we can help you create a realistic, actionable health plan.

Health coaching can support you through weight loss, smoking cessation, stress, illness, and chronic condition management either at our health center or virtually. By offering realistic tips, guidance and encouragement, your provider helps you stay on track to achieve your goals so you can live a longer, fuller and happier life.

We're here to help – every step of the way.

CEBT Health & Wellness Centers

Widefield: 930 Leta Drive | 719-551-5808

Rifle: 707 Wapiti Avenue, Suite 201-A | 970-440-8085

Glenwood Springs: 1901 Grand Avenue, Suite 200 | 970-440-8087

Gypsum: 35 Lindbergh Drive, Suite 110 | 970-431-2871

Loveland: 2889 N. Garfield Avenue | 970-744-2866

Greeley: 4675 W. 20th Street Road, Unit B | 970-373-4625

my.marathon-health.com



From the moment I met my health coach, I instantly felt encouraged. We made a simple plan to treat me, she always cheered me on, even when I was discouraged or felt like my progress was too slow. I can't say enough about the kindness I felt at the Marathon Health center.

– Joeie, Marathon Health Patient



CEBT
Benefit by Trust



Marathon
Health™

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