

Enhance[®]Wellness

Enhance[®]Wellness is a licensed, evidence-based program from Sound Generations.

One program, many benefits

Identify areas of risk and learn strategies for making positive changes in these areas:

- Physical activity
- Weight management
- Sleep
- Emotions
- Nutrition
- And much more

A no-cost, 6-month program designed for you

Work with an Enhance[®]Wellness coach to create an action plan that meets your personal needs through contact of your choice from these options:

- One-on-one visits in office
- Virtual sessions
- Phone calls
- Email

To schedule an intake appointment, contact:

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