



Meet your new Health Coach/ Navigator

Make a one-on-one appointment to discuss your goals and challenges and get on the right track.


Are you ready to take control of your health and wellness? Health coaching sessions can cover a variety of topics to help you stay on track:

- Behavior modification
- Stress management
- Physical activity
- Lifestyle management
- Sleep wellness
- Self-care
- Work-life balance and much more

In addition to health coaching, Susie can also help you get information and access to appropriate additional benefits resources relating to your health and wellness.

Scan the QR code to schedule an appointment online.



Care provided by  Ascension

Health Coaching/ Navigator Schedule

- **MONDAY (in-person):**
8:00 a.m.-3:30 p.m.
- **TUESDAY (virtual):**
12:30-5:00 p.m.
- **THURSDAY (virtual):**
9:00 a.m.-4:30 p.m.

**Racine Employee Health &
Wellness Center**
2333 Northwestern Ave.,
Suite 114
Racine, WI 53404
t 262-687-5565

Susie Wienke
Health Coach/Navigator

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**Are you ready to take control
of your health and wellness?**

Personalized health coaching

Your personalized coaching sessions can address your specific needs and goals. Whether you're looking to lose weight, manage stress or improve your overall well-being, we are here to help.

Don't wait any longer to start your health journey
Make an appointment today.

Navigation services

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