

My Wellness Coaching *Win*

One-on-one wellness coaching at Piedmont Women's Heart Program helped Brenda Thorpe to create new healthy habits around nutrition and exercise customized to her personal goals.

Working with her wellness coach, Brenda learned how to set small, doable goals. She was armed with the latest resources on health and wellness, such as whole food plant-based meal ideas.

"My biggest takeaway? Changes don't have to be drastic in order to make a difference in my health," said Brenda.

Through Piedmont's Women's Heart Program, Brenda lost approximately 15 pounds and was able to reduce her A1C levels, blood pressure and cholesterol to the point that she no longer needed medication.

Women's Heart Program Coordinators



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View the calendar of events and register here:

piedmont.org/WomensHeartSupport



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I'm taking a holistic approach to my heart health.



The Dottie Fuqua Women's Heart Support Network

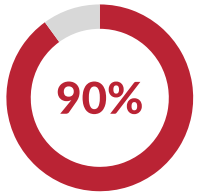


At the Dottie Fuqua Women's Heart Support Network, we're here to help you learn how to take control of your life, take a positive approach to heart health and improve your individual risk factors.

Facts About Women and Heart Disease



Heart disease is the **leading cause of death** in women.



90% of women have **at least one risk factor** for heart disease.



Women have unique factors that contribute to and affect their heart health – such as **pregnancy** and **menopause**.



Women are more affected by lupus and other inflammatory diseases, anxiety, and depression than men, which can **significantly affect their risk of heart disease**.

What We Offer

The Dottie Fuqua Women's Heart Support Network is a comprehensive holistic wellness program offering high quality education and resources. This includes:

- A robust calendar of events featuring guest speakers on a variety of topics addressing optimal wellness
- Heart healthy cooking workshops
- Weekly exercise classes
- Weekly yoga and meditation
- Access to group and individual wellness coaching opportunities

Thanks to generous donor support, all services offered through the Dottie Fuqua Women's Heart Support Network are free of charge.



Count Me In

Visit give.piedmont.org/womensheart to support our efforts to improve the cardiovascular health of women.

What Is Wellness Coaching?

Wellness is defined as the degree to which one feels positive and enthusiastic about life. Our wellness coaches guide patients toward sustainable positive change by developing their inner wisdom, identifying values, and transforming goals into action. Wellness coaching address the whole person, including:

- Nourish—mindful nutrition
- Flourish—emotional well-being and stress resilience
- Thrive—intentional healthy movement

