

Health & Wellness Coaching

Speaking engagements

1 hr	\$75	Virtual
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[Book Now](#)

Service Description

1 on 1 session where we discuss fitness and health concerns ; creating an individualized plan to live well.

Cancellation Policy

When you book your appointment, you are holding a space on our calendar that is no longer available to our other patients. In order to be respectful of your fellow patients, please contact CoachLex as soon as you know you will not be able to make your appointment.

If cancellation is necessary, we require that you call at 48 hours in advance. Appointments are in high demand, and your advanced notice will allow another client access to that appointment time.

Contact Details

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Contact

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