

Welcome to Your Health Coaching Program!

Dear [Client's Name],

We are thrilled to welcome you to our Health Coaching Program! Congratulations on taking this important step toward achieving your health and wellness goals.

Program Overview

Throughout this program, you will receive personalized guidance, support, and resources tailored to your unique needs. Our goal is to empower you to make sustainable changes that can enhance your overall health and well-being.

Next Steps

1. Please find attached your onboarding documents. Review them carefully and complete any necessary forms.
2. Schedule your initial consultation by contacting us at [Contact Information] or through our online booking system.
3. Prepare to discuss your health history, goals, and any challenges you may face during the consultation.

Resources

In the meantime, feel free to explore our online resources, including articles, recipes, and fitness tips, available at [Website URL].

We are excited to partner with you on this journey to better health!

Best regards,
[Your Name]
[Your Title]
[Company Name]
[Contact Information]