

# Potter Nursing is Now Offering Health and Wellness Coaching



## Wellness Coaching Provides Support For:

- Healthy Weight
- High Cholesterol
- Stress Management
- Achieving and Maintaining Optimal Health
- Diabetes
- High Blood Pressure
- Personal & Spiritual Growth
- And More!

Receive Tools and Education to Help You  
Create and Maintain a Healthier and Happier Lifestyle!

Potter Nursing Service is happy to welcome Wellness Expert  
Elissa Erman RN, BSN, CDE®, CWC, CHC!



**Call to Schedule Your Appointment Today!**  
**(561) 997-9300**

