



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUPPORT FOR YOUR GOALS

## RN Wellness Coaching

The Rocky Mount YMCA is proud to partner with Carilion Clinic Community Health Outreach to provide:

- Dietary coaching
- Medication review
- Blood pressure readings
- Pulse taking
- Goal setting and review
- Diabetic prevention education
- Diabetic education
- Weight management
- Miscellaneous health and wellness related topics



**FREE OF CHARGE for Y Members!**

1st and 3rd Monday of the month from 8:30–9:30 am  
2nd and 4th Monday of the month and 6–7 pm



# CARILION CLINIC

Rocky Mount  
235 Technology Dr.  
Rocky Mount, VA 24151  
(540)489-9622

Smith Mountain Lake  
293 FirstWatch Drive  
Moneta, VA 24121  
(540)721-9622

Ferrum  
333 Wiley Dr.  
Ferrum, VA 24088  
(540)365-9622