

# Meet Your Health Educator



**Anna Moon**

**Anna Moon** is a health and wellness coach who is passionate about helping others achieve lasting health and wellness. She believes true wellness comes from caring for the whole body through holistic, preventative, and sustainable lifestyle practices. Anna's mission is to empower, educate, and inspire every person she works with to take control of their health and become the healthiest version of themselves. She believes there is no "one-size-fits-all" approach to fitness, nutrition, and wellness because every person is unique and deserves a plan designed specifically for their individual needs and goals.

Through personalized coaching, accountability, and education, Anna is committed to helping others build healthier lifestyles, gain confidence, and create lasting habits that improve their quality of life. Whether the goal is weight loss, improved wellness, increased energy, better nutrition, or overall balance, she is dedicated to supporting and guiding clients every step of the way.

Anna Moon holds a Bachelor's degree in Exercise Science from Auburn University with an emphasis in nutrition and overall wellness.

## Working with a Health Educator can assist with one or more of the following:

- Health conditions related to: blood pressure, cholesterol, diabetes and weight management
- Nourishing and nutrient dense foods
- Activity and movement goals
- Sleep habits
- Stress management
- Quality of life
- Energy levels

## Benefits of working with a Health Educator Professional

- 1. Personalized Care Plan** - strategically focused on your personal goals and built on your strengths to help you improve your overall health and well-being.
- 2. Convenient** - All health center eligible members have access to health education services.
- 3. Confidential** - CareATC complies with all HIPAA regulations.

### Three easy ways to schedule an appointment:

 CareATC app    [www.careatc.com/patients](http://www.careatc.com/patients)    [annamoon@careatc.com](mailto:annamoon@careatc.com)

 706.438.4595



Show Me  
The App!

