

Meet Our Clinical Health Coaches—

Do not let anything prevent you from living your life to its absolute fullest. We are here to listen to your goals and work together to create a plan to achieve them!

Lori Russell RN, BSN



"I love my job as a health coach being able to help patients improve their lifestyles and meet their personal and health goals!"

Lori has served our community at SMC for over 30 years.

Shelly Green MS, RD, LMNT



With a strong background in community health, Shelly Green is passionate about the connection between food and health. As a registered dietitian, she thrives on sharing her love for food and its role in promoting well-being.

Examples of How We Can Help

- Learn more about nutrition
- Create a smoking cessation plan
- Weight loss
- Control your diabetes
- Create exercise goals
- Connect you with community programs and resources
- Financial assistance for medications
- Discover your motivation for improved health
- Improve your heart health

Call us! We will assist you to manage these or other conditions.

These Services are FREE.

Saunders Medical Center is committed to helping you achieve your health and wellness goals. You direct your goals. We assist you in creating a plan and offer accountability.

There is no charge for the health coaching services—it is simply part of our mission of serving our community: to assist you in living the best you can!



We are here to *assist you in reaching* your personal health and wellness goals.

Call us at **402 443-4191** today to learn how we can become part of *your personal wellness team!*

1760 County Road J Wahoo, NE 68066

402 443-4191
888 501-4762

YOUR CLINICAL Health Coach

Empowering you to improve your own health outcomes!



Create a confidential *partnership to achieve your* personal wellness goals.

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Empowering Change, One Step at a Time

Denise Lawver had been on a journey—one that began with a pivotal moment in the emergency room, where the reality of her health hit her like a ton of bricks. Racing heart, medications looming on the horizon—it was a wake-up call she couldn't ignore. That moment 10 years ago sparked her transformation, leading her to make a change.

Through her sessions with SMC's health coaches, Denise learned how to make better choices, incorporating more protein and fiber into her diet. The coaches didn't dictate: they listened, understanding her struggles and discussing solutions tailored to her needs.

"They take time with me. They listen."

"By making lifestyle changes and losing weight, I've been able to eliminate all prescription medications," Denise exclaimed. "In the ER, I was warned that I might need insulin, heart meds, and CPAP equipment for sleep apnea if I didn't lose the weight. But with

healthy eating, regular movement, and the support I received, it WORKED! If you need help, don't hesitate to ask for it. You too can do it!"

Beyond the physical changes, Denise's experience with SMC's health coaches had a profound impact on her confidence and outlook on life. She no longer saw herself as the quiet, hidden girl she once was in grade school. She embraced her newfound fearlessness, her flair for fashion shining brighter than ever.

"I can do this," Denise affirmed. "And I do."

Her journey wasn't just about fitting into smaller clothes or hitting a number on the scale—it was about reclaiming her life, her confidence, and her sense of self. And through the support and guidance of Saunders Medical Center's health coaches, Denise had achieved just that. **Congratulations Denise!**



"It wasn't just about losing weight. It was about reclaiming my health and my life."

— Denise Lawver

See Denise's full story online!

