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My Health Coach, Inc. Holds Ribbon Cutting at Lakeland Chamber of Commerce

Lakeland, FL (May 17, 2007) – My Health Coach, Inc. held a ribbon cutting ceremony today at the Lakeland Chamber of Commerce to open the first Health Coaching business in Polk County. My Health Coach, Inc. is a health promotion company specializing in health risk assessment, targeted intervention and on-going health coaching. “Our goal is to decrease disease risk and health care costs by identifying and addressing lifestyle behaviors associated with diseases such as diabetes, cancer and heart disease”, said Sanford Bates, President of My Health Coach, Inc.

“We are extremely excited about helping Polk County residents and businesses in their efforts to decrease health care costs. I know how concerned everyone is these days about rising health care costs. We all know how difficult it is to change our behaviors such as dieting and exercising that affect these costs directly. It all boils down to this: how important is your health and what are you willing to do about it? That’s where we come in. We’ll help you through the process”, Bates said.

About My Health Coach, Inc.

Mission Statement:

The mission of My Health Coach, Inc. is to decrease disease risk in our clients and improve their quality of life and vitality.

Company Philosophy:

The philosophy of My Health Coach, Inc. is that each one of us is empowered to control our own personal health and quality of life through our daily choices. It is estimated that 70% of our health care costs are related to lifestyle. We believe that disease risks can be reduced, vitality can be improved, longevity can be enhanced and health care costs can be minimized through positive lifestyle choices.

To learn more about My Health Coach, Inc., their services or to schedule an appointment, please contact us at healthcoachinfo@aol.com or call 863 370-2727.

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● Health Screening ● Targeted Interventions ● Coaching