

# Personal Health Coaching



## Meet Coach Nancy

**Nancy Donnell-Pineda, CPT** is a Health Coach with the Wellness Council of Arizona. She has a Bachelor of Science in Sport Management from the University of Pennsylvania with a focus on Fitness and Wellness. She is a certified personal trainer with the National Academy of Sports Medicine, and has been a certified doula and childbirth instructor since 1985 with the American Academy of Husband-Coached Childbirth.

**Sign Up for One-on-One Health Coaching**  
and achieve *your* health goals:

- Weight Loss
- Healthy Eating
- Physical Activity
- Stress Reduction
- Self-Care
- Lifestyle Disease Management

**Onsite in Tucson and Telephonic**  
**4<sup>th</sup> Tuesday, 9am-2pm**  
**Schedule your appointment today!**  
**[wellness@aura-astronomy.org](mailto:wellness@aura-astronomy.org)**

