



Now Offering Health Coaching Group

While many people understand the basic concepts for achieving optimal health, putting them into practice can be challenging.

Group health coaching offers accountability and support, and helps participants break their goals down into actionable, attainable, realistic steps.

Wellness Rx is pleased to offer a health coaching group, focusing on nutrition and lifestyle habits for cognitive and metabolic health led by Yael Bernhard, Certified Integrative Health & Nutrition Coach



Join us for an interesting journey toward better health habits!

The Health Coaching Group is being offered on site at Wellness Rx and consists of 6 sessions for a total cost of \$90 payable in advance. Seating is limited to 6 participants.

2025 Session Dates:

October 4th & 18th / November 1st & 15th / December 6th & 20th

To register, please email Yael directly at mail to: dyaelbernhard@protonmail.com

Yael Bernhard is a writer, illustrator, and educator with a lifelong passion for nutrition and herbal medicine. She was certified by Duke University as an Integrative Health Coach in 2021 and by Cornell University in Nutrition & Healthy Living in 2022. Yael also has an extensive background in herbal medicine and has foraged and made her own medicines all her life. She is also production manager for Catskill Fungi, producing high quality medicinal mushroom extracts, writing articles, and leading mushroom walks. Yael also publishes [The Art of Health](#), an illustrated newsletter about cutting-edge concepts of nutrition.