BECAUSE HE WANTS TO STAY IN THE GAME

What's YOUR Motivation?

DON'T LET YOUR KIDS (OR ANYONE) OUTSHINE YOU. Ask your healthcare team about Telephone Lifestyle Coaching (TLC) and give your kids a run for their money again and stay in the game. Work one-on-one with a dedicated coach on the phone, learn new skills to improve your health, and love the look on your kids' faces as you get in the game.

Choose to work on Eating Wisely, Being Physically Active, Being Tobacco Free, Managing Stress, Striving for a Healthy Weight or Limiting Alcohol.

Ask your healthcare provider about TLC.

You will receive a toll-free call from 855-698-2852.

855.698.2852

VA HEALTH CARE | Defining EXCELLENCE in the 21st Century

TLC
Telephone Lifestyle Coaching for Healthy Living