

Wellness COACHING

Now available at the Fitness Center!



Hannah

Health & Wellness Coach,
NASM Certified Personal Trainer, &
Performance Enhancement Coach

We are pleased to introduce Hannah as our new health and wellness coach at the Fitness Center. Hannah provides guidance and support to those who are ready to improve their health and fitness through lifestyle changes. She helps set reasonable goals and creates an attainable plan to transform goals into long-lasting healthy habits. She uses her experience and evidence-based methods to help others improve their overall health and well-being.

For more information on Wellness Coaching, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org, or stop by Guest Services.



FITNESS CENTER
at the Buffalo Grove Park District

