

# HOP ON THE WELLNESS TRAIN



## Health and Wellness Coaching

Do you have wellness goals that you've been trying to achieve but can't seem to find the motivation to get started? Or do you have trouble making lasting changes? People often know what to do, but struggle with how to fit healthful behaviors into their lives in lasting and positive ways.

Help is here! Wellness coaches support clients in the ongoing process of building wellness through movement, nutrition, sleep, recovery and regeneration, and stress management with a focus on their holistic lifestyle choices.

Interested in learning more? At the end of July, join RTD's Momoko Cordova, certified wellness coach and physical therapist, for a **Facts-n-Snacks** presentation to hear how wellness coaching can help you achieve your wellbeing goals. (More details to come regarding Facts-n-snacks dates and times)

Check out the additional wellbeing employee resources below and get started on a healthier you!

## Employee Resources

**Kaiser Permanente Members:** Changing your habits can be hard, but working with a wellness coach can help. **NO COST** wellness coaching for members. Click [here](#) for more information.

**Cigna Members:** Check out the online coaching program. It's fun and motivating. And it can help you reach big health and wellness goals in small, easy-to-do steps. Click [here](#) for more information.

**Employee Assistance Program (EAP)** Are you looking to develop communication skills, maximize your time, or simply feel better about yourself? We've collected some of our favorite self-help articles here. No matter what your goal, we'll help you achieve it.

Call 1.800.284.1819 or Visit [resourcesforliving.com](https://resourcesforliving.com)

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**PASSWORD:** eap

## WEBINARS

Interested in learning more about how you can better yourself? Later this month, watch a pre-recorded webinar presented by RTD's employee assistance program, **Resources for Living**, on the following topics:

### Becoming a Better You

Personal growth is important. It can lead to new and fun experiences. And it can open doors to success. But what you do when you feel "stuck"?



### Don't Wait Until Monday- Get Motivated Now!

Feeling stuck? Not knowing where or how to begin? It happens to all of us. We just need some strategies to get moving.



**RTD Wellness**  
[@Momoko Cordova](#)  
[@Erica Kruk](#)  
[@Jennie.Waski](#)  
[@Hami.Nguyen](#)

[wellness@rtd-denver.com](mailto:wellness@rtd-denver.com)

<https://rtddenver.sharepoint.com/sites/Admin/HR/EWRP>