

Let Wellness Come to You!

Health Coaching available by
virtual sessions, telephone or email.



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Specialties include:

- Stress Management
- Weight Management
- Nutrition Education
- Smoking Cessation
- Healthy Lifestyle & Behavior Modification
- Disease Prevention/Management
- Heart Disease, High Blood Pressure, Diabetes, Cholesterol
- Meal Planning

To make an appointment, call our health coaches directly Monday through Friday, 8:30 AM - 4:30 PM, or email at WWCoaching@AvMed.org.

Coaching sessions are private. Our coaches are HIPAA-Certified and ensure that all information remains completely confidential. No personal health information is shared with Miami-Dade County.

To request materials in an accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Takia Burnett at 305-375-4585 or takia.burnett@miamidadecounty.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).