



Let Wellness Come to You!

Health Coaching available
by telephone or email.



Islara B. Souto, MPH
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305-671-0110

Tuesday-Thursday
9 am-4 pm



Jalessa Brandon, MPH
Jalessa.brandon@AvMed.org
305-671-7350

Monday-Friday
9 am-4 pm



Lara Benezra, MS, ACSM
Lara.Benezra@AvMed.org
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Monday-Friday
9 am-5:30 pm



Jacqueline Lopez, RD, LD/N
Jacqueline.lopez@AvMed.org
*Coaching Upon Referral

Monday-Friday
8:30 am-5 pm

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 or email health coaches directly 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.