

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.



Be The Difference.

WELLNESS COACHING

In a one-on-one coaching session you will:

Create a personal vision for your health and wellness.

Set long term and short term goals to achieve that vision.

Plan strategies to address your barriers and challenges.

Receive tips, support, and encouragement to help you be successful.

Contact Mandi Richter, Certified Wellness Coach, at 8-4581 or mandi.richter@mu.edu to schedule one-on-one sessions.