

Get to know

# ELIZABETH HARRIS

SYMBOL HEALTH COACH

**Elizabeth Harris, Symbol Health Coach**, knows the importance of a healthy balance in everyday life. As a wife and mother of three daughters, she knows how difficult finding balance with busy schedules can be.

Her goal as a Health Coach and Behavior Change Specialist is to help others reach that balance of overall Health and Wellness to ensure the best quality and quantity of life.

Elizabeth earned her Bachelor's Degree from Athens State University in Health and Wellness Management. She is also certified as a Personal and Group Exercise Instructor. Her passion for helping others reach their goals is undeniable. Elizabeth can guide you on your wellness path and assist you in achieving your health goals, no matter how big or small.

Be proactive. Talk to Elizabeth, build a wellness strategy, and prevent possible problems before they ever get out of hand. You have more power over your personal health than you know!



**Visit Elizabeth by appointment at the Symbol CareClinic or virtually at a Remote Coaching Station near you**

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## HEALTH COACHING HOURS

**Monday & Wednesday**  
8 a.m. - 5 p.m.

&

**Tuesday / Thursday / Friday**  
8 a.m. - 2 p.m.

