



KASD Health & Wellness Center

**419-1 S. Washington St
Combined Locks, WI 54113
(920) 423-4192**

Melissa Baum, RN

Health Coach



"I am committed to helping you prevent and better control chronic illnesses. If you have issues like elevated blood pressure, weight gain or management, diabetes, or other medical concerns, then we will discover ways to help you manage these conditions.

Together, we can work on incorporating nutrition, exercise, and stress reduction to help you live healthier and prevent future medical concerns."

Your RN Health Coach provides the following services:

- Address identified health risks, for example: hypertension, diabetes, weight, cholesterol, body fat, and body mass index (BMI) checks
- Nutritional counseling
- Blood pressure monitoring
- Tobacco cessation education
- Advise on preventative screening guidelines

Call (920)423-4192 for an appointment
or schedule online www.kimberly.k12.wi.us/kasd-hwc



Ascension