



Achieve total health.

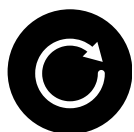
Priority Health Initiative is a 501(c)(3) organization that provides health coaching to all who desire it.

Our nonprofit is proud to make reaching your health goals affordable at any income level.

Contact Us Today!



**Healthy Living
Workshop &
Support Group**



Ongoing,
by appointment only



Individuals and couples
ages 18 years & up



\$25-\$45 per person
each class



Online or in-person*
*limited seats are available for in-person



(919) 635-4344



support@priorityhi.org



www.priorityhi.org

13708 Lyckan Pkwy, Suite 105
Durham, NC 27707

COACHING SERVICES



Priority Health Initiative's workshop and support group leaders are **Dr. Keitha Wright and Nathan Wright**.

Dr. Keitha is a Certified Health Coach & Mental Health Integrative Medicine Provider.

Nathan is a Certified Health Coach and retired Air Force Veteran who intensively trained in Seidokan karate and weightlifting during his time in the military.

Health Coaching Groups Online and in Durham!

SMART EATING

Become more knowledgeable about foods that are good to you and for you, no matter what your eating preference. Get motivated to make changes in your kitchen that will last a lifetime.

ACTIVE LIFESTYLE

Learn about the physical and mental benefits of living an active lifestyle. Become familiar with the three basic components of a complete fitness program, which includes endurance, strength, and flexibility.

SELF DEFENSE

Receive instruction on basic self-defense moves from a black-belt martial artist trained in Seidokan karate. Separate men and women groups account for common power differences that exist between the sexes, equipping you with strategies specific to your body type and ability.

COMMUNITY SPACE

This online forum is one you don't want to miss! Topics include work/life balance, gender inequality, spirituality and religion, social justice, and more. Share your experiences and stay tuned. We've got you covered!

RELATIONSHIP EFFECTIVENESS

Explore the fulfillment and unavoidable challenges that exist in sharing life with those you love in separate women and men groups, and co-ed groups

