

Transform Your Lifestyle

CBT WORKSHOP SERIES

Join Neuropsychologist Tammy Ouellette, Psy.D. and Board Certified Health and Wellness Coach Kaylea Philobos, M.S., NBC-HWC for a 10-week workshop series combining cognitive behavioral techniques and health coaching to support your mental health, promote longevity, and build daily habits that support weight loss and weight management.

Workshop Highlights:

- Learn practical, realistic tools to improve lifestyle habits like sleep, nutrition, exercise, and stress management
- Build sustainable habits that support weight loss, health, and energy
- Learn how to start and maintain an exercise and wellness routine
- Learn how to improve your relationship with food through CBT strategies
- Set realistic goals and create actionable steps toward sustainable change
- Improve your ability to follow-through with accountability and group support

Details:

- 10 1-hour weekly group sessions
- Wednesdays at 12PM PST Beginning September 16th

OR

- Thursdays at 6:00PM PST Beginning September 17th

Cost:

\$30 per session (Insurance coverage may be available)

Location:

Virtual (ZOOM)



Tammy Ouellette, Psy.D.



Kaylea Philobos, M.S., NBC-HWC

Contact Us:

714-732-1773

info@collaboratorsforhealth.com

collaboratorsforhealth.com



VISIT OUR WEBSITE OR CALL TO REGISTER FOR OUR NEXT SERIES
BEGINNING SEPTEMBER 2026!