

One-on-One Coaching

at AdventHealth

We all need guidance and support when working toward a health goal. Let our expert coaching staff help you achieve the goals that matter to you.



Wellness Coaching- Corie Mustoe is a certified health coach with 25+ years of experience helping people achieve their health and lifestyle goals. Working one-on-one with Coach Corie will provide you with nutritional support, weight loss guidance, emotional support, and compassionate motivation. You will set goals and create a path to making lasting wellness and lifestyle changes. Coach Corie is committed to guiding you to live a healthier lifestyle. She is passionate about seeing her clients enjoy a journey of self-discovery with less stress, more energy, and inner peace. For more information, email SHAW.WellnessCoaching@adventhealth.com or call 913-676-6848.



Yoga Therapy- Rochelle Stone is, an IAYT accredited, certified Yoga Therapist with 1000 hours of yoga training and 20+ years of experience. Yoga Therapy, like personal training, works on the goals that are important to you. Yoga Therapy sessions may include yoga poses, breathing exercises, guided relaxation, and meditation. Rochelle is passionate about working with her clients to achieve symptom relief and enhanced health. Yoga Therapy is appropriate for all abilities. For more information, email AHSMWellness@adventhealth.com or call 913-676-8133.

In addition to private sessions, Rochelle offers therapeutic small group classes. For more information on upcoming classes visit www.AdventHealthKC.com/Wellness or call Class Registration at 913-676-7777, option 2.



Personal Training- Hayden Anderson is a University of Central Missouri graduate with a degree in Exercise Science. He is passionate about health and fitness and will go above and beyond to help his clients reach their goals. Hayden works as a Fitness Specialist at AdventHealth and has experience training with every age group from 5 to 95 years old. As a previous collegiate athlete, Hayden grew an appreciation and understanding for proper body mechanics and injury prevention. His approach to fitness emphasizes age-appropriate programming with a specific focus given to cardiovascular and strength training in combination with balance and flexibility training. For more information, email AHSMWellness@adventhealth.com or call 913-676-8133.