

Agenda Item	Discussion	Decision/Action/Goal	Assigned to	Due
Review/Approve minutes				
Review action items				
Presentation	Presenter today was Peggy Caputo from S.A.I.L. Professional Life Coaching & Spiritual Direction. Peggy is a Certified Life Coach through ICF.			
	Peggy gave a very informative presentation on what coaching is and how it can help. She has used coaching to help clients reduce stress, motivate them for difficult changes and assist in building coping skills.			
	Peggy spoke on the effect of coaching and how it can assist the medical provider with improving and sustaining health outcomes for cardiovascular disease, diabetes, asthma, cancer pain and weight loss.			
	Life coaching is not covered by insurance, but Peggy will work with clients for payment plans. The first session, a 1 hour exploratory session is complimentary.			
	Contact information: 517-881-6567 or s.a.i.l.lifecoaching@gmail.com			
Adjourn	The meeting was adjourned at 1:00 p.m.			
Next Meeting	February 18, 2015			