

## **Health and Wellness Coaching Services**

Available 24/7

No

Other Eligibility Criteria

Services are available to individuals who are aged 15 and older.

Intake Contact

Robert Torralva

Intake Contact Email

roberttorralva15@gmail.com

Intake Process

Please call or email to learn more or to set up an appointment.

Intake Contact Telephone

(209) 470-0327

Provider Refer

No

Qualifications

Qualification Type

Certification

Report Problems

Call the Agency

Self Refer

No

White Tower Global Solutions

Main

(209) 470-0327

United States

Monday: 7:00 am-7:00 pm

Tuesday: 7:00 am-7:00 pm

Wednesday: 7:00 am-7:00 pm

Thursday: 7:00 am-7:00 pm

Friday: 7:00 am-7:00 pm

Saturday: 7:00 am-7:00 pm

Sunday: 7:00 am-7:00 pm

Additional Availability Comments

All services are virtual.

Fee Structure

Fee Range

,

Sliding Scale Fee

,

Call for Information

Payment Method(s)

Private Pay

White Tower Global Solutions offers health and wellness coaching services with National Board Certified Health & Wellness Coaches (NBC-HWC) who can partner with a client(s) looking to enhance their well-being through self-directed lasting changes, aligned with their values. National Board Certified Health & Wellness Coaches (NBC-HWC) support clients in activating internal strengths and external resources to make sustainable and healthy lifestyle behavior changes. Coaching can be done 1-on-1 or in a targeted group setting. All services in Virginia are virtual.

Service Area(s)

Statewide

Email

[roberttorralva15@gmail.com](mailto:roberttorralva15@gmail.com)