



Living Well

Wellness & Life Coaching



Madison County
Memorial Hospital



Visit Us

224 NW Crane Avenue
Madison, FL 32340
(850) 253-1907

coach@mcmh.us
www.mcmh.us/coach

Our goal is to focus on a total health approach considering mental and physical wellness.



Lori Evans



Ms. Evans has over two decades of coaching experience, specializing in wellness and resiliency. Lori was born and raised in Live Oak, FL. After completing her bachelor's degree from Jacksonville University studying social structures, human behavior, and society, she spent the rest of her career pursuing knowledge and expertise in coaching. After years of serving as a Life Coach in a wide range of organizations, she became a Certified Wellness Coach and Master Resiliency Coach and is now a part of the MHCW team! My goal is to serve the community directly while training up a network of coaches to ensure quality of life in north central Florida!

Why Choose MCMH?

Madison Health & Wellness Center strives to help patients and their families live out their best life! Our Coaches have a variety of clinical and non-clinical expertise to help you navigate through services designed for wholistic health and wellness. Team members help you develop a life improvement plan that considers physical, mental, social, environmental, financial, spiritual, and educational wellness.

A Look into Wellness!

Wellness is a holistic approach to physical and mental health far beyond just being free of disease. Building a resilient life through the seven wellness dimensions are essential to empower you to live well, maintain healthy habits, and attain enhanced mental and physical health outcomes.



Are you ready to start your wellness journey?

Coaching Services

- Individual, family, and group coaching sessions
- In-person and Virtual Sessions
- Wellness & Resiliency Assessments
- Life Improvement Planning
- Care Team Navigator
- Facilitate Referrals for all Dimensions of Wellness

Advanced Coaching Services

- Mental Wellness Therapy
- Chronic Disease Management
- Individualized Nutrition Planning
- Health & Wellness Treatment Plans

