

# MYCare

## Working on Wellness

Berks Counseling Center provides care that focuses on your whole self. Offering support and services that improve both your physical and mental health. MYCare offers an innovative wellness program that brings together health, exercise, and nutrition. It includes services such as wellness coaching, health navigation, peer support and personal goal setting. Take advantage of activities and services such as:

- On site primary care & health screening.
- Health navigation to specialty and primary care providers.
- Nutrition, fitness and wellness education.
- Personal wellness planning and healthy goal setting.

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[www.berkscounselingcenter.org](http://www.berkscounselingcenter.org)

**INTEGRATED  
BEHAVIORAL HEALTH**  
*services of counseling  
for chemical  
dependency, addictions  
& mental health  
together with wellness,  
prevention and  
PRIMARY CARE*



**"MYCare works. It supports  
your recovery. It offers  
opportunities for a  
healthier YOU!"**

**BERKS  
COUNSELING  
CENTER**

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