

SPRING INTO YOUR HEALTH GOALS

WITH PERSONAL HEALTH COACHING AT YOUR FINGERTIPS

restore
RESILIENCE

powered by /ZILLION™



Relaxation and Stress Management Activities

Access guided meditation sessions, tips to improve sleep, and stress management content.



Personal Health Coaching

Your health coach follows your journey to better health. You can reach out to them via text or calls!



Relevant Content and Lessons

Learn to deal with new schedules/experiences, create a healthy work-life balance, and conquer burnout.

Join for FREE today!
restorereliance.com/saintjosephscollege

Use Group ID "sjcmeresilience" during enrollment

SECURE AND CONFIDENTIAL: RestoreResilience is delivered on a highly-secure, HIPAA-compliant platform and therefore all personal health information (PHI) will remain safe and confidential. Additionally, since Zillion is a 3rd-party solution provider, participation within the program is also confidential and no information will be accessible by your health insurance provider.