



Rachel Aure

Health and Wellness Specialist

Altru's Health and Wellness Specialist performs health risk assessments, fitness assessments, develops exercise prescriptions, and applies behavioral and motivational strategies to support clients in adopting and maintaining healthy lifestyle behaviors.

An appointment is right for you if you:

- » Have been diagnosed with a medical condition
- » Have not exercised in awhile
- » Have never exercised before
- » Are recovering from surgery or injury
- » Prefer a safe and comfortable environment for exercise