

Sparkk Positive Change in Your Health



All too often, the desire to start and sustain healthy life choices is not continually supported by the motivation to do so. This difficulty is especially evident to physicians who see patients struggling to change their habits and lifestyles. For over 30 years as a family physician,

Kevin Kuric, MD, helped his patients pursue a healthy lifestyle. Unfortunately between patient appointments, many encountered obstacles in their daily lives that challenged their motivation. They needed a “spark” to continue to support a fire of change within them. For this reason, Kevin decided to begin his journey to ignite Sparkk It Health Coaching.

In early 2020 Kevin connected with the Gannon University Small Business Development Center to better understand his path forward. After meeting Jacob Jones, Business Consultant, they were able to work together to bring Sparkk It into reality. Jacob and the SBDC assisted with business planning, marketing assistance, competitor research, and market research.

Sparkk It Health Coaching differs from other health coaching entities. Its health coach is an experienced family physician who knows firsthand the health care system and its difficulties in helping patients achieve and sustain optimal health and quality of life. Clients could greatly benefit from a certified physician health coach to faithfully, and safely, walk beside them between those important scheduled appointments with their doctor as they confront their obstacles to improve their health.



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The SBDC was able to help Kevin develop his business model to the point that those seeking change can find the “Sparkk” they need. Kevin had this to say about the SBDC, “Their advice and opinion was extremely valuable! Their expertise in helping me design my own business plan was instrumental in helping me Sparkk my passion to help clients through a different role.” Sparkk It launched in February 2021 to support the fires of healthy change we all sometimes need. Check out Sparkk it and all it has to offer at www.Sparkkitcoach.com.

Success Story