

## HEALTH COACH BIOS

- **Coach Kim** is a certified health coach with a background in behavioral health and emotional wellness. She has been in her current position for over fifteen years and enjoys meeting folks wherever they may be at on their wellness journey.
- **Coach Laura** is a certified health coach with a background in health, wellness, fitness and tobacco cessation. She has been a health coach for over twelve years. Helping people walk along their personal wellness journey is a privilege and a joy!
- **Coach Liz** is a certified health coach with an extensive background in wellness, health education, and physical fitness. She has spent most of her career in worksite wellness. One of her passions is helping and supporting clients on their path to better health and well-being.
- **Coach Allie** is a certified health coach with a background in Health Promotion and Wellness. She has been a health educator for about six years. She enjoys partnering with people to create the happiest and healthiest version of themselves.