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I am a Board-Certified Health and Wellness Coach with a true joy in helping people discover and reach their health and wellness goals. Trained in the Intrinsic Health Coaching method, I believe that health coaching is a partnership in which we build on your strengths to reach goals that are important to you. My focus is on listening and exploring what is (valuable to you) then building a personalized road map together to get you there. I have a Master's Degree in Exercise Physiology with many years experience in the clinical field in chronic disease prevention and management and fitness. After spending a decade in NYC as a professional dancer I now live in Arvada with my husband, 2 college age daughters and our dog Cam. We love exploring the great outdoors and all that our beautiful state has to offer. ***Y Diabetes Prevention Program, Kickstart Your Confidence, Blood Pressure Self-Monitoring Program.***