



Hi! I'm Laura, one of the **WORKING FOR A HEALTHIER TN** Wellness Coordinators.

My background:

I'm a national board-certified health and wellness coach, American College of Lifestyle Medicine diplomate and American College of Sports Medicine

fitness instructor. I received my Master of Science in nutrition and exercise science from Queens College in New York City.

While in school, I wanted to deepen my understanding of nutrition to learn about food and received a professional chef's certificate in health-supportive cooking from the Natural Gourmet Institute. During this time, I learned how to nourish the body, mind and soul.

I was a faculty member at Clark College in Vancouver, Washington, where I taught health and physical education courses for more than a decade. In 2011, the students awarded me the honor of exceptional faculty.

Before becoming a wellness coordinator with WFHTN, I was a health coach with Kaiser Permanente in Portland, Oregon. This role taught me the craft of motivational interviewing and active listening as powerful ways to connect, engage, empower and inspire.



What inspired me to choose this career:

This photo of my mom captures why I have dedicated my career to helping others implement healthy changes into their lives. She resisted any advice I gave her (of course!), and it took being diagnosed with congestive heart failure for her to start exercising regularly. Lo and behold, she discovered that she LOVED it! It gave her focus and a sense of accomplishment. She enjoyed making new friends at the cardiac rehab facility and running into old ones.



Healthy habits go way beyond moving our bodies; therefore, I am delighted to be part of this amazing team and have the opportunity to be working with you!

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FUN FACTS

1. Several family members, friends and I were balloon handlers for Sonic the Hedgehog during Macy's Thanksgiving Day Parade 2021.



2. I've had the privilege to live in four cities: New York, Los Angeles, Portland and Nashville. I can say with certainty Nashville has all their best features, and the nicest, most hospitable neighbors anyone could ask for.



Laura and her husband Gary



George Michael and Ruth Bader Ginsburg

3. While teaching a hiking class, I misread the map and got us lost. 😊

4. In my spare time, I can be found on a pickleball court.

5. My husband, friend and I hiked to the south ridge of Mount Saint Helens (8,163 feet).



Get to know each WFHTN team member in this spotlight series. Follow us on Facebook to join the conversation! Click this icon to go to our page. See you there!

