



Hello from your Providence Health Coaching team

Welcome to Providence Health Plan! It's nice to meet you.

Ensuring the well-being of the community means everything — to all of us. Your Health Coaching team is here to help you accomplish your goals and build a relationship grounded in trust and support.

We're excited to introduce you to your **Health Coaching Supervisor, Chelsea Warren.**



I have been with Providence since: September 2014

My health coaching philosophy is: Health and wellness coaching helps support the process of self-discovery and the journey towards greater wellbeing. Wellness is not a number on a scale or defined by some athletic endeavor. Wellness takes into account physical, social, mental, and spiritual dimensions of wellbeing. I will support you in creating a healthy lifestyle that is flexible, fun, and rewarding. I hope to help you to access your inner wisdom, motivation, and creativity.

My education/background is: I received a Bachelor of Science in Nutrition Sciences at Pennsylvania State University. During college, I competed for four years as a Varsity Division I Cross Country and Track & Field athlete. I completed my dietetic internship at Oregon Health and Science University. I've been a Registered Dietitian since 2006, and a Health and Wellness Coach since 2010. In 2011, I completed a 200-hour yoga teacher training through the Bhati Yoga Movement Center in Portland, Oregon. My passions include the role of lifestyle on immunity, nutrition and gut health, intuitive eating, and the role of lifestyle on peak performance.



I love my job, but here's a bit more about me.

If it's the weekend: You will find me training for my next marathon, visiting farmers markets, or taking hikes with my two boys and husband. I have a passion for plant-based nutrition and I love to discover new recipes that support optimal nutrition.

Fun fact about me: I have a Mini Aussie that joins me on my paddleboard adventures.

Thanks for the opportunity to partner with you. I look forward to getting to know you better, supporting your goals, and helping the community discover True Health together.

Chelsea Warren

Chelsea
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Hi there, I'm

Chelsea Warren,

Health Coaching Supervisor,
RDN, CHWC

For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each and every member of the community.

True Health is a commitment to caring for the whole self: mind, body, and spirit. The concept is rooted in the idea that the healthier each of us are, the healthier we all are.

We all deserve True Health.

