

# 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 Manager, Chelsea Warren.**



**I have been with Providence since:** September 2014

**My health coaching philosophy:** Wellness is an integration of physical, mental, and spiritual well-being. Wellness is not about just striving for better health but living more fully. Many people struggle with a part of their well-being at some point in their lives. It can be very hard to change deeply rooted lifestyle patterns without adequate support. Coaching is a collaborative process that supports self-discovery, active learning, effective goal setting, and accountability. Coaching can support you in creating a healthy lifestyle that is flexible, fun, and rewarding.

**My education/background:** I received a Bachelor of Science in Nutrition Sciences at Pennsylvania State University where I also competed 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 Bhakti Yoga Movement Center in Portland, Oregon. My passions include the role of lifestyle on immunity and aging, nutrition and its impacts on gut health, intuitive eating, and mindfulness.

**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.

**Fun fact about me:** My favorite game to play is Yahtzee.

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*

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Hi there, I'm...

**Chelsea Warren**

Health Coaching Manager,  
RDN, NBC-HWC



For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each 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.**