

# 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 Coach, Colleen Kuhn**.



**I have been with Providence since:** January 2018

**My health coaching philosophy:** I help people get to the root cause of what is keeping them stuck in their eating and lifestyle struggles, not just manage symptoms. I understand the grapple with stomach issues, sugar addiction, low energy, emotional health issues such as anxiety and depression, the lack of trust in oneself, the exhaustion of yo-yo dieting and personal un-fulfillment. I offer trustable guidance in taking the shame out of the process to finally heal your relationship with food & find food freedom. My Trauma-Informed approach includes helping people create an energized & balanced body, mind & spirit through the healing power of food as medicine. I am so excited to be your guide in creating more hope, connection, self-fulfillment, peace with food, personal freedom & more possibility in your life.

**My education/background:** Bachelor's of Science in Nutrition & Dietetics, National Board Registered Dietitian since 2011, specializing in plant based & vegan nutrition, continuing education in Internal Family Systems Therapy.

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

**If it's the weekend:** Off on a self-development retreat or out in nature with my mini-Austrian Shepard, Zinc.

**Fun fact about me:** I have a twin sister.

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.

*Colleen Kuhn*

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Hi there, I'm...

**Colleen Kuhn**

Health Coach, RD



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.**