

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**.



Hi there, I'm

**Colleen
Kuhn**

Health Coach, RD

I've been with Providence since: January 2018

My health coaching philosophy: I guide people to food freedom through a process that incorporates understanding how personal history and emotions affect the relationship you have with food. My approach includes helping people create an energized & balanced body, mind, and spirit through the healing power of food as medicine.

My education/background: I have a Bachelor of Science in Nutrition & Dietetics, I am a National Board Registered Dietitian since 2011, specializing in plant-based & vegan nutrition, and 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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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 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.