

# 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 professional **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.

Thank you for the opportunity to partner with you. I look forward to getting to know you better and supporting your goals - because everyone's well-being matters.

*Colleen Kuhn*

(503) 574-7443 | [colleen.kuhn2@providence.org](mailto:colleen.kuhn2@providence.org)

## Health For All

We are committed to working alongside the communities we serve, learning about unique healthcare challenges, and creating tangible solutions to make healthcare more equitable and accessible.