



MONROE COUNTY YMCA

For the YMCA Monroe employees: Transforming the YMCA in Monroe into a Plant-rich place. Providing a 9 weeks program based on the principles of the [Complete health improvement Program \(CHIP\)](#).



For Providence Regional Medical Center employees: Co-facilitating with Dr. Kevin Clay the [Complete Health Improvement program CHIP](#). 66% of employees who have gone through the program are making changes to their lifestyle.

Year of the Plate



With Dr. Kevin Clay at [Providence Regional Medical Center](#), initiated the “Year of the Plate” project for Snohomish county.

Mission: To empower the people of Snohomish County to embrace a thrivers’s lifestyle energized by a whole food plant-rich nutrition.



Collaborating with the Mukilteo Chamber of Commerce for the launch of the Health and Prosperity fair in January 2020

1 :1 Coaching

Ongoing 1:1 coaching for couples, individuals and families