

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**.



Hi there, I'm

**Chelsea
Warren**

Health Coaching Manager,
RDN, NBC-HWC

I've been with Providence since: September 2014

My health coaching philosophy: Wellness is an integration of physical, mental, and spiritual well-being and is not about just striving for better health but living more fully. Coaching is a collaborative process that supports self-discovery, active learning, effective goal setting, and accountability.

My education/background: I have a Bachelor of Science in Nutrition Sciences, I am a Registered Dietitian, and a Board-Certified Health and Wellness Coach.

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 farmer's 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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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.