

Meet your wellness team.

Centralized Wellness Coaching is pleased to introduce your wellness team.



Lisa Zirman – Certified Health Coach

Lisa Zirman is a Certified Health Coach and has been a member of the Centralized Wellness Coaching team since September of 2021. Prior to this, Lisa specialized in informing the public on lifestyle changes to prevent type 2 diabetes as an educator of the Diabetes Prevention program. Lisa enjoys connecting with members to assist and guide them in reaching their individual health goals. Additionally, she focuses her time on learning new strategies and skills to continuously increase positive member outcomes.



Carlie Robertson – Certified Health Coach, Registered Dietitian

Carlie Robertson graduated from the University of Alabama where she majored in food and nutrition and became a registered dietitian. She is also an ACE certified health coach. She enjoys spending her free time with her husband and two pets. Carlie is passionate about helping people achieve their wellness goals through realistic and maintainable lifestyle changes, all while her members remain in the driver's seat.



Jasmine Hardman – Certified Health Coach

Jasmine Hardman graduated from the University of Utah where she majored in health promotion and education. She is also an ACE certified health coach. Jasmine enjoys spending her free time with her husband and her big dog named Bruce. She is passionate about meeting members where they are and helping them achieve their long-term health goals. She also loves teaching group fitness classes and is certified in various exercise formats.



Kay Dreher – Certified Health Coach, Registered Dietitian

Kay Dreher is a registered dietitian and joined the Centralized Wellness Coaching team in 2021. She soon after became a certified health coach through the American Council on Exercise program. Kay believes everyone has their own journeys and unique experiences when it comes to health. Her passion is to empower each member to improve and sustain their overall wellbeing through healthy lifestyle changes. During free time, Kay enjoys Florida life and beach vacations with her family.



Maya Hickman – Health Coach, Registered Dietitian

Maya Hickman is a Registered Dietitian, Nutritionist and a Certified Yoga Instructor with over fifteen years of experience in nutrition and wellness. Her clinical experience includes long-term care, dialysis and private practice with emphasis on gastrointestinal issues, autoimmune conditions and weight management. Maya holds a master's degree in human nutrition, foods and exercise from Virginia Tech, and she is a 200-hour certified yoga teacher and pilates instructor. Maya's career in wellness began close to twenty years ago when she earned her Bachelor of Science in holistic nutrition in addition to her pilates and yoga certifications.



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Centralized Wellness Coaching
Monday – Friday, 7 a.m. – 7 p.m.
(888) 223-2188

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