

# 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.



**Krista Kendig – Certified Health Coach, Registered Dietitian**

Krista Kendig has a graduate degree in exercise and nutrition science from Lipscomb University and is a Registered Dietitian and Certified Health Coach. She enjoys hiking, traveling and eating dark chocolate. She likes helping members achieve their health goals by taking a step-by-step approach to finding a healthier lifestyle that works well for each individual.



**Laurie LaCoursiere – Certified Health Coach, Registered Dietitian**

Laurie LaCoursiere is a Registered Dietitian, Nutritionist, Board-Certified Specialist in obesity and weight management, Certified Health & Wellness Coach and diplomate of the American College of Lifestyle Medicine. She transitioned from a client-dedicated wellness center to the Centralized Wellness Coaching team in 2022. Her philosophy of care is to partner with members in their health journey and to support their individual needs. Areas of special interest for Laurie include weight management and plant-based eating.



**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.



**Patrick Love – Certified Health Coach**

Patrick Love has been a Certified Health Coach with a background in mental health since 2015. Patrick enjoys collaborating with his members to create meaningful and reasonable goals and increase autonomy to achieve healthier lifestyles. Patrick works with members to boost personal strengths, addressing personal challenges and developing strategies that fit into members fast-paced schedules. Patrick is goal oriented and enjoys helping members' establish long-term goals and action plans using short-term goals as stair steps to members overall visions.



**Lynley Lapp – Certified Health Coach**

Lynley Lapp is excited about helping members discover how to live their best lives. With a lifelong passion toward wellness, Lynley pursued health in her education earning a bachelor's degree in recreation and sport management from Eastern Mennonite University and a master's in health education from Penn State University. She also holds certifications in personal training and wellness coaching. In her free time, Lynley enjoys exercise, baking, traveling and spending time with family.



**Sarah Hines – Health Coach, Registered Dietitian**

Sarah Hines is a Registered Dietitian. She earned a bachelor's degree in food and nutrition from Stephen F. Austin State University and a master's degree in nutrition from Texas State University. She loves all aspects of food - cooking, baking, food styling, recipe development and of course eating. She is passionate about helping members cultivate a healthy relationship with food so they can improve their physical and mental health. She integrates a non-diet, weight inclusive approach into sessions and utilizes principles from various frameworks including intuitive eating and health at every size.



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Centralized Wellness Coaching  
Monday – Friday, 7 a.m. – 7 p.m.  
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