

## 8 Elements of Wellbeing

*Kathy Middleton, MPH*

*National Board Certified Health & Wellness Coach & owner of Growing Wellness NW, LLC will teach us about "8 Elements of Wellbeing" and how to develop goals and action steps to make lasting behavior changes for improved health and wellbeing.*

*Kathy is Graduate of University of Arizona's AWCIM Integrative Wellness Coaching Program. She has been a facilitator for Living Well With Chronic Conditions, Diabetes, and Chronic Pain workshops at Kaiser Permanente NW and worked for the last five years with seniors at Covenant Living at the Shores, where she led Wellbeing Workshops and Grief and Caregiver Support groups.*

