

# Meet Lizzy!

Health Promotion Specialist

## Lizzy is our Health Promotion Specialist from HealthSource Solutions!

She has been working in Wellness for 8 years and has Bachelors Degree in Health Promotion and Wellness and is a Certified Wellness Practitioner.

She loves being outdoors/ in nature and is always up for a fun adventure! Running, hiking, crafting, cooking, spending time with family, friends and her puppy are just a few of her passions.

"Everyone's health journey looks different and there is no ONE way to help people achieve it. HealthSource Solutions helps provide me the resources to meet people where they are at and create a meaningful connection with each and every client."

Questions? Ask Lizzy.



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