

Bonnie Barrett helps you explore your hopes and desires for change, create options for making the change happen and help you start your journey to achieve the change you desire. As a coach partner, Bonnie will help you hold focus on your desired goals and help you explore options to achieve your goals. Bonnie will partner with you to develop an approach which best fits your needs on where you are now and where you want to go. Bonnie is a certified Duke Integrative Health Coach.

Health Coach **Wendy Kuhn** of **Break Through Academy**, is a breast cancer survivor. She works with clients who are interested in taking steps to prevent cancer and its recurrence. Wendy believes that through healthy food choices, avoiding toxins, and taking steps to reduce stress and be happier, it is easier to achieve life goals and to stay healthier. Meet with Wendy for up to two one-hour sessions and commit to making small, incremental changes that can make a difference in your life.

John F. Evans, MAT, MA, Ed.D is a writing clinician and integrative health coach who works with groups, individuals, and health care professionals, teaching them how to use writing for better physical, emotional, and spiritual health. Evans has authored five books and has taught journaling and writing for self-development for over thirty years. At Duke Integrative Medicine, Evans has taught, Caring for Caregivers, Legacy Writing, Transform Your Health: Write to Heal, Leading Patients in Writing for Health, and Writing as a Tool for Integrative Health Coaches.

He is founder and executive director of Wellness & Writing Connections, LLC and provides individual, group, and institutional life course guidance programs. Visit his web site for more information: www.wellnessandwritingconnections.com.