

**Susan Skinner- Functional Medicine Certified Health Coach**

**-National Board Certified Health and Wellness Coach**

**-Co-Director of Educational Events at FBD**

Susan has been in the health and wellness field for 37 years. Her experience includes leadership roles in fitness facilities, Iowa Senior Games, and Campus Wellbeing at a local retirement community. Currently she coaches clients 1:1 and in small groups.

Ready to change your life for the better? Contact Susan for a complimentary consultation.