



Brittany Svien

Health Coach

Racine Employee Health & Wellness Center

2333 Northwestern Ave.
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Racine, WI 53404
t 262-687-5565



Brittany Svien, MS, CHES, CWWPM, is a Certified Health Education Specialist and Certified Workplace Wellness Program Manager with Ascension Wisconsin Employer Solutions who is dedicated to providing exceptional care for employees and their families at the Racine Employee Health & Wellness Center.

Brittany brings approximately eight years of experience working in the health and wellness field with a focus on health coaching. She can help guide you through any wellness goals you would like to achieve in terms of disease management (cholesterol, blood pressure, blood glucose), weight management, tobacco cessation, basic nutrition and managing stress.

Additional certifications include: Health Coach, Personal Trainer, Yoga Instruction and Wellness Practitioner.

Education:

Indiana State University
Masters of Science - Public Health

UW Stevens Point

Bachelors of Science - Health Promotion/Wellness
Nutrition Minor

Health Coaching is FREE to all Racine County, City and School District employees and their spouses who are on the insurance plan. To schedule a Health Coaching appointment with Brittany, call the Racine Employee Health & Wellness Center at 262-687-5565 or email her directly at brittany.svien@ascension.org.

Health Coaching sessions can take place virtually, telephonically or in-person, and you may choose 30- or 60-minute appointments.

**To learn more or to schedule an appointment,
visit racinewellnesscenter.com**