



Susie Wienke

Health Coach

Ascension Wisconsin Employer
Solutions

t 414-379-6962

e susie.wienke@ascension.org



Susie Wienke is a Health Coach with Ascension Wisconsin Employer Solutions. She has an extensive background in Health Coaching and wellness and graduated with a BA from the University of Wisconsin-Madison. She had her own business for over 10 years, and after becoming an empty nester, decided to return to a more traditional work environment with regular business hours. She is passionate about the mind-body connection and enjoys working with people to discover a better quality of life by shifting their habits regarding nourishment, movement, mental health and sleep...just to name a few.

When she is not coaching, Susie enjoys spending time with her family (including her beloved, naughty rescue dog, Jupiter), cooking, traveling and teaching yoga.

Schedule a Health Coaching appointment with Susie today. She is looking forward to getting to know you and assisting you in your wellness journey.