Charla Blumell (she/her)

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Charla Blumell, is a Connecticut born, North Carolina resident that lived in the eastern part of state until relocating to the Triangle in 2008. She is the Assistant Director of Health Promotion, focused on primary and secondary program expansion, utilizing a holistic lens, supporting educational initiatives designed to cultivate a healthy Carolina Community. Charla?s role expands campus knowledge and experiences in regards to the dimensions of wellness, intentional inclusivity, health equity, advocacy, and prevention efforts.

Charla?s wellness experience includes over a decade of teaching at East Carolina University, within the College of Health and Human Performance, and working with Campus Wellness identifying alternative programming for the diverse population. In addition to her ECU experience, she has been lecturer, and presenter for other local/regional colleges and universities, as well as the surrounding community, since 2001. In 2015, she completed her doctorate in Adult Education, with a concentration in health from North Carolina State University. Charla is a certified wellness and health coach, as well as a certified health education specialist.

She is dedicated to the well-being of all people, but has a special interest in populations of color and the LGBTQIA community. Coupled with her passion for wellness, Charla enjoys cooking and baking for friends and family, while spending time with her wife Amy, and nephew Nathan.
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