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[Home](#) > Printer-friendly PDF > Jen Grubbs (she/her)

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## Jen Grubbs (she/her)



Wellness Coach  
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Jen Grubbs has a Master of Forensic Science, as well as being a National Board-Certified Health and Wellness Coach with training at Duke Integrative Medicine. She lives on the northeast coast of Florida and is a dedicated dragon boating athlete! When not out on the water, she is passionate about helping people realize what their vision of ?better health? can look like by making small changes each day. It will be her honor to help guide you on this adventure!

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### Links

[1] <mailto:jgrubbs@unc.edu>