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Wellness Coach

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Diego Salinas is an avid musician and hiker and has been coaching since 2018. He loves being able to combine his background in neuroscience, education, and medicine to help people navigate all the factors that increase their health and wellness, increase self confidence and transform their lives through behavior change. Diego is fluent in both English and Spanish and specializes in helping students and professionals increase resiliency, avoid and manage stress or burnout, and develop themselves personally and professionally.

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