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## Silja Sistok (she/her)



Wellness Coach  
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Silja Sistok has a Master's in Communication and is a National Board-Certified Health and Wellness Coach. She is originally from Estonia but has lived overseas for many decades. Her current home is in the Philadelphia area. Silja is a former educator, having worked on all levels from Kindergarten to higher education. As a Wellness Coach, she will partner with you to identify your wellness goals and set up actionable steps to reach these goals. She will provide accountability, help to work around obstacles and celebrate your wins. In her free time, Silja loves hiking, biking and yoga.

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### Links

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