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Wellness Coach

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Barbara is a Nationally Board-Certified Health & Wellness Coach and a personal trainer, living in Cary, NC. She strongly believes in the power of coaching and partnering with clients to help them optimize their maximum potential and enjoy social, emotional, intellectual, and physical health. She loves working with students and supporting them on their journey during this important time in their lives. When not coaching, Barbara loves to spend time with her husband, four sons and rescue pup, traveling, and being active outdoors.

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