**Cindy Cohen RN BS BA**

**Professional Profile Cindy Cohen**

**Professional Profile**

**Cindy Cohen is a health coach and a wellness consultant with 35+ years in the nursing profession on a mission to inspire healthy living around the world one person at a time. Spending the last16 years creating healthier communities through program development, increased access to health screenings and by working with teams offer direct public education on disease prevention. Accomplished executive** with a proven ability to develop and implement strategies that support business and financial objectives as a National Marketing Director with The Juice Plus+ Company and owner of C2 Your Health LLC while keeping current on disease prevention up-to-date with changes in the industry through continuing professional development on a continual basis.

# Awards

* 2017 *Top 10 Women to Watch* - Sassy Magazine
* 2017 *Top 50 Health Promotion Professionals* - DISH Award WELCOA
* 2016 Nominated Four Flags Area Chamber of Commerce *Ambassador of the Year*
* 2015 Renewed Faculty Status - WELCOA
* 2015 Nominated Four Flags Area Chamber of Commerce *Business Achievement Award*
* 2015 Nominated Four Flags Area Chamber *Ambassador of the Year*
* 2014 Nominated [*Top 100 Health Promotion Professionals*](http://dish.welcoa.org/contest_entries/view/820) -DISH Awards WELCOA
* 2013 Nominated *Up and Coming Champion* - Indiana Social Media Summit
* 2012 Wellness Councils of America (WELCOA) *Faculty Status*
* 2011 Nominated Social *Social Media Dame* and our group Tweetup Michiana for*Coolest Award*
* 2009 Nominated *Success Story of the Year*by WSBT and Enrichment Strategies
* 2007 Nominated "Woman of the Year" for dedication to community service
* 2007 Nominated "Success Story of the Year" by WSBT and Enrichment Strategies
* 2002 [The Plus+ Company](http://www.juiceplusvirtualfranchise.com/)LLC *Top 10 Developing New Virtual Franchises​*
* 2000 *Woman of the Year* - Temple Beth El, South Bend, IN

# Certifications

* 2017 - 2012 [WELCOA Certification Achievement](https://institute.welcoa.org/profile/cindycohen/)​ WELCOA Institute for Wellness Studies:

14 Certificates of Completion including Health Coaching completion

* 2014 Certified Transform30 Coaching Program Completion / International Sports Sciences Association
* 2010 Awarded Certified Indiana Small Employer Tax Credit

# Professional Affiliations

* 2017 Saint Joseph County Food Access Council – Member
* 2017 – 2014 St. Joseph County Health Improvement Alliance
* 2017 - 2015 Four Flags Area Chamber of Commerce - Ambassador
* ​2016 - Stepwise Children Learning Center - Board Member
* The Eating Well – Board Member
* 2014 - Michiana Go Red for Women BetterU - Executive Leadership Board
* 2016 – 2010 National Association of Professional Women – Member
* 2017 National Association of Professional Women – Board Member
* 2013 – 2012 American Cancer Society Relay for Life
* Indiana University Student Work Study Program
* PopUP Business Networking - Founder
* Michiana Business Network - Founder
* Tweetup Michiana (New Media) – Founder

# Memberships

* American Nutraceutical Association
* Benefits Institute
* National Association of Professional Women
* Premier Women’s Network
* Society of Human Resource Managers
* Wellness Councils of America (WELCOA)
* Women Business Owners of Michiana
* Four Flags Area Chamber of Commerce

# Expert Author / Publications

* 2015 Transform 365 Today Program Guide / Weight Loss
* 2014 What's on Your Plate a Simple Guide to Healthy Cooking, Second Edition.
* 2013 [What's on Your Plate A Simple Guide to Healthy Cooking](http://www.scribd.com/doc/139699844/Press-Release-What-s-on-Your-Plate-The-Key-to-Good-Health-Starts-There), Amazon Publishing ( 2nd edition)
* 2012 [Prevention Benefits Healthy Employees Cost More](http://www.facebook.com/preventionbenefitswork), Amazon Publishing (1st edition)
* 2012 [Self Marketing Handbook Women's Guide to Marketing Online and Offline](http://www.amazon.com/Self-Marketing-Handbook-Womens-Branding-Edtion-ebook/dp/B007T8JRHI/ref%3Dsr_1_fkmr3_2?ie=UTF8&qid=1346944403&sr=8-2-fkmr3&keywords=Self+Marketing+Handbook+Women%27s+Guide+to+Marketing+Online+and+Offline), LORD Publishing (2nd publishing, 3rd edition January 2013)
* 2012 [What's on Your Plate A Simple Guide to Healthy Cooking](http://www.scribd.com/doc/139699844/Press-Release-What-s-on-Your-Plate-The-Key-to-Good-Health-Starts-There), Amazon Publishing (AHA Launch Copy)
* 2011 [Self Marketing Handbook Women's Guide to Marketing Online and Offline,](http://www.facebook.com/selfmarketinghandbook) LORD Publishing (1st publishing)
* 2010 [Expert Guide to Small Business Success](http://www.amazon.com/Business-Expert-Guide-Small-Success/dp/1935602047) (Chapter – “Face to Face) Expert Publishing
* 2005 Generation to Generation, Morris Press
* 2000 Noodles to Strudels, Morris Press

​Magazines / Publications

* 2017 - 2016 Fresh Lifestyle
* 2016 KIT Indy
* 2015 - 2016 Michiana Life
* 2013 - 2016 Small Biz Forward
* 2010 - 2012  [Ezine Expert Author](http://ezinearticles.com/?expert=Cynthia_Cohen)
* 2010 - 2011 Exhilarated Living Magazine

# Newsletters - Blogs

* Wellness Wednesday - email newsletter
* [Nutz 4 Nutrition](http://cindycohenrn.blogspot.com/)
* [Prevention Benefits Work](http://preventionbenefitswork.blogspot.com/)

**Professional Profile Cindy Cohen**

# Community Presentations

* 2017 Beyond Zen Yoga Studio One Simple Change to a Healthy Life
* 2017 President's Council on Physical Fitness, Sports and Nutrition Grant - I Can Do It You Can Do it (12 weeks)
* 2016 Saint Mary's College PhD Graduate Program - Nurse Entrepreneurship
* 2016 Wellness Plus+ Health Series Own Your Health / Own Your Life
* 2016 Prevention Plus Health Series Spring into Health
* 2016 – 2014 Indiana University Integrative Health Studies / Complementary Medicine Studies K301 class
* 2016 Zen Yoga Studio Join the Healthy Living Revolution Beyond - Destress
* 2016- 2012 Saint Mary's College Women Entrepreneur Initiative "Spark"
* 2015 Indiana University - Spring Semester Health Seminar Presentation / Alternative Therapy Health Certification - Eating Healthy What's New and Relevant
* 2015 – 2013 Michiana American Heart Association Go Red for Women BetterU
* 2014 Saint Mary's College WEI Program Speaker - Networking Your Profession
* 2014 Key Bank Key4Women Spring Event - Health Panel
* 2014 American Heart Association Go Red for Women BetterU Challenge Sponsor / Presenter
* 2014 WNIT TV Show[Interview Economic Outlook](http://www.wnit.org/economicoutlook/e/health-and-wellness.html#segment=1) - Corporate Wellness
* 2014 Juice Plus+ Company Heart Disease & Nutrition Fact or Fantasy
* 2013 Cassopolis County Council on Aging - How to Eat Healthy at a Holiday Buffett
* 2013 American Heart Association Go Red for Women BetterU Challenge Presenter Heart Health
* 2013 Saint Mary's College (WEI) Program - Juggling Wellness
* 2012 Society for Human Resource Management
* 2012 Saint Mary's College (WEI) Program - Networking Your Business
* 2011 Society for Human Resource Management Regional Conference (SHRM)
* 2011 Indiana Commission on Women
* Juice Plus+ International Leadership Conference - Topic: Social Media
* The Juice Plus+ Company LLC - National Speaker – Topic: Wellness
* The Juice Plus+ Company LLC - Swan Lake Health Education Boot-camp – Topic: Networking
* Business Expert Webinars, Featured Speaker Topic: Business Networking
* YMCA Health Spot – Health Fair
* American Cancer Society - Relay for Life Event – Main Speaker

# Additional Projects

* 2017 WELCOA *On the Move* Company Challenge
* 2017 – 2012 Prevention Plus Health Education Series / *Healthy Living* /The Juice Plus+ Company LLC
* 2017 – 2008 *Expo for Women Healthy. Wealthy. Wise.*
* 2017 – 2016 *Healthy Living Revolution* Education Series / The Juice Plus Company
* 2016 – 2014 *Beauty Inside and Out* Health Series – The Juice Plus+ Company LLC
* 2015 *Michiana Kenko Company Challenge* / *South Bend 150 Birthday* Celebration
* 2014 Four Flags Area Chamber of Commerce - *Wellness Summit* / Health Fair
* 2013 *The Ultimate Ladies Day Out Celebration* (Expo)
* 2013 *Kenko Challenge* Northern Indiana Company Challenge
* 2013 - 2011 American Institute for Preventive Medicine / Health Fair
* 2013 KIK Custom Products Health Fair / The Juice Plus+ Company
* 2012 Civil Rights Heritage Center *Healthy Kids Initiative*