

# Cindy Cohen

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## Overview of Relevant Work Experience

**Nursing:** Experience in inpatient and outpatient services during a down economic environment (35+ years). Inpatient hospital management (10 years) to include the position of Director of Nursing, CFO and CEO.

**Outpatient Clinics:** Program Owner of outpatient alternative therapy clinic (6 years). Director 8 mammography centers (2 years).

**Community Health:** Qualified National Marketing Director, The Juice Plus Company LLC, Community Health Educator (16 years). The Expo for Women (8 years) and Networking and all that Jazz (4 years) both provide a venue for health education, wellness screenings and business promotion.

**Owner of C2 Your Health LLC** a health and wellness company providing small business/employee wellness programming, health coaching for wellness and community health events through preferred partnerships with local and national organizations. Our goal is present / develop strategies that work to meet individual health goals and business wellness objectives (12 years).

## Biography

Thirty-five years nursing experience with 20 years of experience in hospital administration, health care project management, marketing, sales and new business startup within various hospital settings around the country. With the Juice Plus+ Corporation I enjoy new business development and product sales in the health and wellness industry along with developing business to business networking groups. In the outpatient setting I have been the owner of an alternative therapy clinic and now a successful results oriented national wellness company that provides wellness strategies and solutions for worksite wellness and the community. As the founder of *C2 Your Health LLC*, Cindy has been able to combine my two passions, health and business, to build a health and wellness firm through face-to-face networking.

## Recent 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*

## Certifications

- 2017 - 2012 WELCOA Certification Achievement WELCOA Institute for Wellness Studies - 14 Certificates of Completion including Health Coaching
- 2014 Certified Transform30 Coaching Program Completion / International Sports Sciences Association
- 2010 Certified Indiana Small Employer Tax Credit

## Recent Publications / Author

- 2017 - 2016 Fresh Lifestyle, contributing writer
- 2016 KIT Indy, contributing writer
- 2015 - 2016 Michiana Life, contributing writer

- 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, Amazon Publishing ( 2nd edition)
- 2012 Prevention Benefits Healthy Employees Cost More, Amazon Publishing (1st edition)

## Presentation Experience

- President's Council on Physical Fitness, Sports and Nutrition Grant - I Can Do It You Can Do it for children and adults with disabilities. Senior population identified (12 weeks) June – August 2017
- Women Entrepreneur Intuitive, Spark - Saint Mary's College, presenter on the topic of business startup and networking 2015-2011 South Bend, IN.
- Indiana University Integrative Health Studies, Nursing Department spring seminar 2008 – 2015 seminar presenter on health and wellness presentation South Bend, IN.
- Indiana Commission on Women featured speaker on the topic women in transition business of health 2010 Michigan City, IN.
- Society for Human Resource Management seminar breakout speaker on the topic corporate wellness 2010 Regional Conference South Bend, IN.
- International conference speaker Juice Plus+ Corporation break out session presenter on social media strategies 2010 Memphis, TN.
- National speaker for the Juice Plus Corporation Prevention Plus+ Seminars on leadership, health, wellness and prevention. (5 years) 2005, 2006, 2007, 2008, 2009 Indianapolis, IN 2008, 2010 Cincinnati, OH
- National conference speaker on health strategies, wellness, business etiquette, networking for fun and profit. (3 years) 2006, 2008, 2009 Northern Indiana Swan Lake Boot Camp Plymouth, IN.
- International speaker for Business Expert Webinars on the topics business etiquette, networking, health and wellness. (5 years) 2007, 2008, 2009, 2010, 2011 webinar presentation.
- American Cancer Society Relay for Life - 2009, 2010, 2011 South Bend, IN
- American Heart Association Go Red BetterU Luncheon - Wellness Administrator/Health Coaching component 2009, 2010, 2011 and sponsor South Bend, IN
- Spark LLC featured presenter on the topic of networking (11 sessions) "Masterful Networking Series" 2006 - 2007 South Bend, IN.

*See Professional Profile for complete summary of publications / authorship, professional affiliations, professional memberships and complete list of speaking engagements.*

*See Summary of Continuing Education for complete list of certifications along with continuing education.*