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April 22, 2017

Ms. Carol Princeton
Health and Wellness Director
Premise Health
5500 Maryland Way # 400
Brentwood, TN 37027

Dear Ms. Princeton:

It is with great pleasure I write this letter to apply for the Wellness Coach position at Premise Health posted on Indeed.com. I will be graduating with a Bachelor of Science in Nutrition from the University of New Hampshire (UNH) this May. I look forward to bringing my unique perspective and knowledge to the health and wellness industry. I am particularly interested in working at Premise Health because of its recognized commitment to patient needs and patient engagement in its programs.

My coursework and experiences have provided me a solid foundation in nutrition health and wellness topics that will lead to my success delivering quality wellness programming to a variety of clients. As a research assistant for the College Health and Nutrition Assessment Survey (CHANAS), I collected and recorded information from student participants including biometric measurements, dietary information, fitness level, and clinical data such as blood pressure and health history. Additionally, through my work as a Peer Educator I worked to educate students by teaching them critical wellness skills including coping with stress, building and sustaining healthy relationships, eating well, and making informed choices concerning alcohol, drugs, and tobacco use. These experiences, working directly with students individually and educating in a group setting, provided me with the skills to effectively implement onsite wellness programs and work with individuals to meet their unique health and wellness goals.

Thank you for your time and consideration. I am confident in my abilities to deliver quality guidance, support and educational programming to clients and that I will be a valuable addition to the health and wellness team. I look forward to an opportunity to speak with you further about the Wellness Coach position and my qualifications for this role.

Sincerely,

Amy Auburn