



Laurel Inman

Health Coach



Laurel Inman is a Health Coach with the Wellness Council of Arizona. Laurel has been in the health and wellness field as a health coach since 2001. She is the author of *Eating with Heart*, a 5-step program helping women break free from emotional eating. She is a certified and degreed life coach and lead certifying coach trainer for Prescott College. She has a Bachelor's in Organizational Psychology with a concentration in Corporate Coaching.

Originally from Durango, Colorado, Laurel has lived in Tucson for over 20 years and has three children. Laurel's passion for health came from overcoming her own personal struggle with weight and a desire to help others on their own path in creating optimal health and vibrant energy. Her favorite hobbies are having fun with her family, being outdoors, yoga, rock-climbing and mosaic design.

Health Enhancement Support

- Nutrition
- Physical Activity
- Stress Management
- Self-Care
- Lifestyle Disease Management

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Laurel works for the Wellness Council of Arizona to serve the health interests of employees. All information shared with her will be kept confidential and will not be shared with any management personnel or any other employees.

