



Stephanie Jurgenson

Stephanie Jurgenson is a Holistic Health Coach, wife and mother of two. She became a health coach to fulfill her passion of working with children and their caregivers to improve health and happiness for the whole family.

Stephanie received a B.S from the University of Notre Dame, completed her Holistic Health Coach training at the Institute for Integrative Nutrition in New York City, is a certified Dr. Sears L.E.A.N Health Coach, and is certified by the American Association of Drugless Practitioners as a Health Counselor. Stephanie leads workshops on nutrition and offers personalized coaching programs, focusing on children's nutrition and women's health.

When was
the last time
you talked with
someone about
your health
and received
the personal
attention
you deserve?



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Holistic Health Counselor

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