

Tawny Farley, BS, CCT, NASM-CPT, CES
OMC Wellness Program Manager and Health Coach

Tawny holds a bachelor's degree in exercise physiology and decided to change careers after working 10+ years in health care as a Certified Cardiac Tech. Her experience with disease populations led to a passion for prevention and a career in health and wellness.

She is currently the Program Manager and Health Coach for the City of Portland's wellness program through OMC Wellness, A Wellness Workdays Company.

She is a certified personal trainer and certified corrective exercise specialist through the National Academy of Sports Medicine, as well as a certified cardiac tech through the Cardiovascular Credentialing Institute.

In her free time, Tawny enjoys time with her husband and family. Her hobbies include reading (mostly personal development), outdoor activities, adventure, and road trips!