

Colleen Zanarini
South County Health

Colleen is a Certified Functional Medicine and Holistic Health Coach with over 15 years of experience.

Her past includes working in a clinical nutrition firm in California and while in Rhode Island, she has educated participants regarding specific diseases and related topics to improve their overall wellness.

She also manages operation and tactical account activities related to the health and wellness of million-dollar companies.

Colleen's previous career was in civil and environmental engineer.

Her goal as an engineer was to create balance in the environment, but her passion was in nutrition and helping people achieve a healthy balance in their life.