

Cara Ouellette:

I have been the Employee Wellness Program Coordinator at Central Maine Healthcare since 2015. I have a BS in Therapeutic Recreation specializing in adaptive equipment. I hold a certification as a health coach, personal trainer and lifestyle weight management coach. I have also had training as a tobacco cessation specialist and am a certified coach in the diabetes prevention program. I live with my husband and two young daughters in Greene, ME. My approach to wellness is a whole person approach paying attention to how the mind, and body are linked to each other in terms of health and wellbeing. In my free time I enjoy running, yoga, spending time with my extended family and enjoying all the fresh air and beauty New England has to offer.