Wendy McLaughlin LifeWorks health and wellness coach and consultant Last Reviewed May 2018

Wendy McLaughlin, MS CHWC is a Master Certified Health Education Specialist (MCHES) and a Certified Health & Wellness Coach through Wellcoaches, Inc. Wellcoaches credentialing is endorsed by the American College of Sports Medicine (ACSM). Ms. McLaughlin has over 25 year's experience working in the health and wellness field.