

# Meet C. Annette Payne



As a wellness and fitness specialist, Annette Payne has experience in the design and leadership of health and wellness programs, including tobacco cessation and stress management. With expertise in facilitating individual health coaching sessions, she is pleased to partner with you to improve your health.

## About Annette

- Bachelor's degree in Communication – University of Iowa
- Master's degree in Wellness Management – Ball State University
- Certified professional trainer and corrective exercise specialist

## Visit Annette for:

- Individualized nutrition and wellness consultations
- Disease management
- Disease prevention education
- Accountability with goal setting/behavior change

To schedule an appointment with Annette Payne, call **765.741.1038** or email **[cpayne6@iuhealth.org](mailto:cpayne6@iuhealth.org)**.



Indiana University Health