

Tama

Waugaman, RN

LOWES FOODS
HEALTH COACH



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HANDS ON
HEALTH



As a Lowes Foods host, you can meet one-on-one with Tama to reach your health goals, one step at a time. She will help you figure out what is most important to you and where to start. Whether you want to eat better, get more active, sleep better, manage your stress, or take charge of a specific health condition, Tama is here to support and guide you!

PROFESSIONAL BACKGROUND

I have been working in the field of health and wellness since 1991. I have concentrated on educating, inspiring, and training people to live an active and healthy lifestyle. I am a Registered Nurse, certified personal trainer, certified perinatal fitness instructor, health and empowerment coach and recently obtained a certification as a life coach. My passion is helping coaching clients not only transform their bodies but transform their mindsets to live a purpose driven, healthy abundant life, feeling confident and strong about themselves.

I believe that the mind and the body are greatly connected and must be nourished in order to achieve ultimate health.

PERSONAL PROFILE

When I'm not coaching, I enjoy kayaking, paddle boarding, hiking and training my dog. My greatest gift from life is being a mother of two amazing children.

TAMA IS LOCATED ONSITE AT THE LOWES FOODS OFFICE IN WINSTON SALEM AND LOOKING FORWARD TO MEETING EVERYONE SOON!

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