

Meet our Health Coach

Allie Hatley, BS, CWP

Offering virtual wellbeing webinars, lunch and learns, and energy breaks via Go To Meeting to aid you in taking care of your wellbeing.

Also, available to schedule one on one sessions regarding:

- Weight Management
- Tobacco cessation
- Stress management
- Individual exercise program
- Nutrition coaching/education
- Fitness assessment and plan

Contact Allie at Allie.Hatley@plexus.com



“I love to help people focus on small steps towards long term wellness. I have gained so much in my life from living a healthy lifestyle and I want to share that with as many people as I can! Let’s tackle your goals together!”