



# YOGAMEDCO

## Janna Yost

### Integrative Health and Well-Being Coach

#### CERTIFICATE of COMPLETION

The bearer of this certificate has completed the YogaMedCo Health and Well-Being Coach Training program, including 108 hours of integrative health and lifestyle medicine coach training. YogaMedCo meets competency and curriculum standards set for all Health, Wellness and Well-Being Coach Training Schools set by the National Board for Health and Wellness Coaching (NBHWC), and is approved as a transition training program by NBHWC. The bearer of this certificate is therefore eligible to apply for the national board exam in health and wellness coaching by October 30, 2020.

April 29, 2021

DATE



*Suzanne Carmack*

Dr. Suzanne Carmack

PhD, MFA, MEd, ERYT, PMA-CPT, ACE-CPT, NBC-HWC  
Owner and Founder