

Since 1996, Nicole has served her local community as a nurse. In her early years, she discovered her passion for wellness and preventative health care as a public health nurse. There, she orchestrated educational and wellness programs for the surrounding community as well as volunteered in the ER. In 2006, she became a nurse-midwife providing birthing care and education on women's health care. In recent years, she has helped her community members by becoming a health coach and mentor, facilitating an "Essential Living Course" to help participants improve their wellbeing and immune system. This 10-week course was based on her combined experience and the book "Body Thrive" by Cate Stillman. She then adapted to the client's needs for their personal wellness. Nicole spearheads Nightingale College's Wellevate initiative, a program that brings health and wellness to our collaborators.