

Living Well Clinic promotes healthy habits among Tulane employees

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Health-coaching services offered by the Tulane Living Well Clinic help employees to create wellness plans tailored to their individual goals. (Photo by Paula Burch-Celentano)

After she quit smoking eight months ago, Emily Parsons, director of undergraduate advising and student affairs for the [School of Architecture](#), decided to take another step toward improving her overall health. After hearing about the health-coaching services offered by the [Tulane Living Well Clinic](#) through her department's staff advisory council representative, she decided to try the educational program.

"It's an amazing resource, and I've gotten significant benefits from it," said Parsons, noting that she has lost about 10 pounds since she began working with her health coach, nurse practitioner Jenine Dabon, last year to achieve her goals.

Since September 2017, the Tulane Living Well Clinic has provided a central location for faculty and staff members enrolled in the Tulane University Health Plan to access fast medical care.

"It's been an eye-opening experience, and my coach has been there to guide me."

Tulane University

— *Emily Parsons, director of undergraduate advising and student affairs for the School of Architecture*

The clinic was conceptualized four years ago by Timothy Harlan, MD, associate dean for clinical services and executive director of the [Goldring Center for Culinary Medicine](#), and Sue Pollack, assistant dean for administration at the [School of Medicine](#).

The clinic's health coaches help employees develop healthy behaviors by creating wellness plans tailored to their individual goals.

Bi-weekly meetings with Dabon have helped Parsons to stay motivated by holding her accountable for her choices and tracking her accomplishments.

Parsons said that Dabon has also taught her how to decipher nutrition labels and how to find balance between her mental and physical health.

"It's been an eye-opening experience, and my coach has been there to guide me," said Parsons.

Joy Kelly, administrative program coordinator for the [Tulane Center for Clinical Neurosciences](#), also began her health-coaching sessions with Dabon in February.

"I'm on the Mediterranean diet now, and (Dabon) helped me to enroll in cooking classes at the Goldring Center for Culinary Medicine," she said. "Now, every time I go to a potluck, I tell my co-workers, 'This is one of the recipes that I got from my health coach.'"

Open Monday through Friday from 7:30 a.m. to 4 p.m., the Tulane Living Well clinic is located at 1430 Tulane Ave. (Hutchinson Building, Room 1545).

To schedule an appointment, call 504-988-HEAL (4325) or contact wellnessclinic@tulane.edu.