

## **Introduction: Whitney Brooks**

*Whitney Brooks, NBC-HWC and Healthy Aging Expert, works with individuals and groups as an integrative health coach. Whitney is trained and certified through Duke Integrative Medicine, where she also serves as a mentor for coaching students. She developed and teaches the specialized training provided to NCBAM staff and Hope Line volunteers. She is a member of First Baptist Church in uptown Lexington, a member of NCBAM's Advisory Team, and an advisor to the ministry's One Hope outreach. Connect with Whitney at [www.mswhitneybrooks.com](http://www.mswhitneybrooks.com).*