

# VETERANS MEMORIAL COMMUNITY CENTER PERSONAL TRAINERS

## CONTACT DETAILS

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Phalen is a licensed Nutritionist and certified personal trainer with five years' experience in weight loss consulting.

**“My vision is to see people move away from medication due to chronic conditions.”**

— PHALEN

## Phalen Meyer

### PERSONAL TRAINER



### Personal Summary

Phalen has had a passion for health for as long as she can remember. From doing step aerobics to dancing, she loves connecting with others and being part of their health journeys.

Phalen earned a Master's in Public Health with a focus on nutrition from Liberty University. After graduating, she interned with a functional nutritionist and earned her nutrition license. Since 2018, Phalen has been working as a weight loss consultant.

### Core Skills

- SCW Certified Personal Trainer
- Masters in Public Health
- Licensed Nutritionist
- Barre Instructor



CALL OR EMAIL PHALEN TO SET UP YOUR APPOINTMENT

