

Hello from your Providence Health Coaching team

Welcome to Providence Health Plan! It's nice to meet you.

Ensuring the well-being of the community means everything - to all of us. Your Health Coaching team is here to help you accomplish your goals and build a relationship grounded in trust and support. We're excited to introduce you to your **Health Coach, Will**.



Hi there, I'm

**Will
Bruce**

Health Coach

I've been with Providence since: September 2005

My health coaching philosophy: The better you understand your values, strengths, and motives - the better your success with making lasting healthy lifestyle changes. I help you to define what good health means to you personally, examine your conditions for success, and then create a realistic action plan to get you there.

My education/background: I am an American Council on Exercise - Behavior Change Specialist and an American College of Sports Medicine - Certified Personal Trainer. I hold a Bachelor of Science in health sciences from Portland State University.

I love my job, but here's a bit more about me.

If it's the weekend: I'm probably either brewing coffee, lifting weights, or getting schooled by my son in Fortnite.

Fun fact about me: I am a Bitcoin enthusiast.

Thanks for the opportunity to partner with you. I look forward to getting to know you better, supporting your goals and helping the community discover True Health together.

Will Bruce

(503) 574-7806 | william.bruce@providence.org

For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each and every member of the community. True Health is commitment to caring for the whole self: mind, body and spirit. The concept is rooted in the idea that the healthier each of us are, the healthier we all are.

We all deserve True Health.