



MICHAEL ANDERSON

Wellness Coordinator

Compassionate Elder Support Officer with a focus on enhancing the physical well-being and quality of life for seniors. Expertise in coordinating care services that address both health and lifestyle needs. Proven ability to implement innovative wellness programs tailored to the unique preferences of elderly clients. Strong organizational skills facilitate efficient management of resources and scheduling.

WORK EXPERIENCE

Wellness Coordinator

2020-2023

Healthy Aging Institute

- Developed and managed wellness programs for seniors focusing on fitness and nutrition.
- Collaborated with nutritionists to create dietary plans for clients.
- Organized physical activity classes tailored to various ability levels.
- Monitored client health metrics and adjusted programs as needed.
- Conducted regular assessments to evaluate program effectiveness.
- Facilitated workshops on healthy living for seniors and their families.

Senior Care Advisor

2019-2020

Elder Care Solutions

- Provided guidance and support in selecting appropriate care options.
- Assisted families in navigating healthcare systems for their loved ones.
- Conducted assessments to identify client needs and preferences.
- Coordinated with healthcare providers to ensure seamless care delivery.
- Evaluated client satisfaction and made recommendations for improvement.
- Organized community outreach efforts to promote available services.

ACHIEVEMENTS

- Awarded the Wellness Champion Award for innovative program development.
- Increased client engagement in wellness programs by 50% within the first year.
- Successfully implemented a community nutrition initiative impacting over 200 seniors.

CONTACT

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EDUCATION

Bachelor of Science in Health Sciences

University of North Carolina
2016-2020

SKILLS

- wellness programming
- care coordination
- nutrition planning
- client assessment
- community outreach
- resource management

LANGUAGES

- English
- Spanish
- French