

LIAM ANDERSON

Wellness Assistant

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PROFESSIONAL SUMMARY

Dedicated Wellness Assistant with two years of experience in health assessments and community outreach. Skilled in developing wellness programs that promote healthy lifestyles while providing compassionate support to residents. Committed to enhancing patient well-being and fostering collaboration among healthcare teams for optimal service delivery.

WORK EXPERIENCE

Wellness Assistant

Pineapple Enterprises

📅 Mar / 2024-Ongoing
📍 Santa Monica, CA

1. Conducted comprehensive wellness assessments for corporate clients, enhancing employee health metrics.
2. Coordinated logistics for wellness screenings, ensuring efficient setup and execution at various locations.
3. Performed health screenings including tobacco use, cholesterol, and BMI assessments, motivating participants towards healthier choices.
4. Developed educational materials to promote healthy lifestyle choices among employees and community members.
5. Managed data entry and analysis for health reports, improving the accuracy of client health records.
6. Collaborated with healthcare teams to implement targeted health interventions based on assessment results.
7. Provided feedback to clients regarding health trends and recommended wellness strategies.

Wellness Assistant

Summit Peak Industries

📅 Mar / 2023-Mar / 2024
📍 Denver, CO

1. Engaged residents in daily exercise and recreational activities to promote physical and mental health.
2. Maintained regular communication with residents' families to ensure comprehensive understanding of care needs.
3. Organized activities that addressed the six dimensions of health: vocational, intellectual, physical, emotional, social, and spiritual.
4. Participated in the assessment of residents' needs for personalized care planning.
5. Led skill-based activities tailored to residents' interests, enhancing engagement and satisfaction.
6. Provided companionship and support to residents in a safe and nurturing environment.

EDUCATION

Associate of Applied Science in Health Sciences

Springfield Community College

📅 Mar / 2022-Mar / 2023
📍 Phoenix, AZ

Focused on health promotion, wellness practices, and patient care techniques.

SKILLS

Program Development

Patient Care

Health Education

Nutrition Guidance

ACHIEVEMENTS

- 🌟 Implemented a wellness initiative that increased resident participation in health activities by 30%.
- 🌟 Developed educational materials that improved health literacy among community members.