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Sarah Nielsen is a health and outdoor educator with 18 years of experience working in the private and public sectors of workplace wellness. She specializes in facilitating customized learning experiences in health education, personal wellness, and nature therapy that enhance well-being and improve healthspan. Sarah holds a master's degree in health education, and she is a National Board Certified Health & Wellness Coach, Lifestyle Medicine Coach, and registered ParkRx America provider. She operates her private practice in Austin, Texas, and she is an instructor at the Lady Bird Johnson Wildflower Center and at Aging is Cool.