



Jennifer Schlecht, FDN-P

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Jennifer Schlecht is the public sector national director at Big Health, where she leverages over 20 years of experience in mental health and well-being to drive impactful solutions for public sector organizations. Jennifer is a leading advocate for health equity and improving patient access to effective, affordable mental health care. She earned her bachelor's degree in health and human services through studies at California Lutheran University and Ashford University. In addition to her role at Big Health, she is a certified Functional Diagnostic Nutrition Practitioner. Through her private practice, she specializes in exploring the intersection between mental well-being and physical health, helping clients achieve holistic wellness. Driven by a commitment to advancing mental health care, Jennifer continues to influence the field through her professional endeavors and advocacy work.