



Christy Milligan

Whole Health Educator & Whole Health
Coach

Education

Bachelor of Science in Dietetics/Nutrition

Certifications

National Board-Certified Health and Wellness Coach, Hormone Specialist IIN, Group Fitness Instructor, 200hr Registered yoga Teacher, Certified Fitness Nutrition Specialist, Mindfulness Certification, and Whole Health Institute Ambassador & Facilitator

About Me

I am an Arkansas native, born right here in Bentonville. I have been blessed to live in many different places in the Southeast, but there really is no place like home. At a young age, I knew I wanted to help people, so I combined my love of food and that drive and received a BS in Dietetics/Nutrition. I went on to open and successfully operate a scratch-made bakery, and now, as a National Board-Certified Health Coach, Whole Health Educator, and Yoga Instructor, I get to share my passion for health, food, body, and movement. My main goal is to learn every day and to become a better human by practicing Pause, Notice, Choose.

Personal Interests

I am an avid cook and gardener, and I love all things water: lakes, creeks, and oceans. I cherish time spent with my family and our golden retriever, Charlie, walking the beautiful trails in this wonderful town we call home. I would also like to leave you with one of my favorite quotes:

“The cure for anything is salt water- sweat, tears, or the sea.” -Isak Dinesen

Walton Family
Whole Health & Fitness