



Kaiser Permanente Presents

Heather Charles

Heather is a Certified Whole Health Educator, Wellness Coach and Patient Advocate. She is passionate about caring for the whole person – body, mind, and spirit, which is why she is also certified as a Healing Touch practitioner. Heather enjoys helping others to improve their health in the areas of diet, exercise, mindfulness, stress, goal setting, and behavior change.

**Kaiser Permanente
Maui Lani Medical Office**
55 Maui Lani Parkway
Wailuku, HI 96793
808-432-2260

Lifestyle Coach
Specialty: Stress Management

November 2021

