



Chris Power
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Chris Power is the Facility Privacy Officer and a Wellness Instructor at St. Joseph's Hospital and Medical Center. Certified in healthcare privacy and security, Chris's formal healthcare career spans over fifteen years in Information Technology and Compliance.

A shift occurred for Chris when turned 40 and knew she had to make a change or continue in a serious rut. Chris decided to move from the east coast to Phoenix and pursue her passion for cooking at Scottsdale Culinary Institute. Through this shift Chris was able to explore other aspects of the mind/body/spirit/food connection. Chris' personal work enabled her to develop a broad background in non clinical methods of trauma recovery.

Chris uses Trauma Release Exercises, creative writing workshops, cooking classes, and breath work to help her clients access their inner guru. Contact Chris Power @ 602-696-9694 or thepower2b@gmail.com