



**Michaela Conley,
M.A., MCHES, Dip.ACLM, NBC-HWC, NMI**

**Executive Director
State of Wellness
Tucson, Arizona**

Michaela Conley is the executive director at State of Wellness, one of only 12 organizations across the United States that have signed a memorandum of understanding with the Centers for Disease Prevention and Health Promotion to train lifestyle coaches to deliver the National Diabetes Prevention Program (National DPP). To date, they have trained thousands across the country and at U.S. facilities throughout the globe, such as military bases. Beyond training lifestyle coaches to deliver the National DPP, Conley regularly trains groups and individuals around various meditation styles and other lifestyle medicine-related topics. She is a regular contributor to Insight Timer, a free meditation app offering both live and recorded meditation opportunities for people worldwide. Conley has been leading guided imagery and group meditations for more than 20 years, most recently through free weekly meditation classes via Zoom. She is a Master Certified Health Education Specialist, a National Board Certified Health and Wellness Coach, the first person to earn the diplomat status from the American College of Lifestyle Medicine and a master trainer for the National Diabetes Prevention Program through her organization. Conley earned her instructor credential through the NeuroMeditation Institute and holds an undergraduate degree in exercise science as well as a master's degree in wellness management from Ball State University.