



Sarah L. Gross, MS, NBC-HWC, CWP

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Sarah L. Gross, M.S., NBC-HWC, CWP serves as Assistant Director of the Center for Integrative Wellness and Co-Lead of Resilient WEST at the University of West Georgia, where she develops and implements community and campus-based wellness initiatives focused on resilience, mental well-being, and health promotion. She also serves as a part time faculty member in Health & Community Wellness and previously managed the nationally recognized Girls Empowering Movement (GEM) program. Sarah earned both her Bachelor of Science in Health and Community Wellness and Master of Science in Integrative Health and Wellness from the University of West Georgia. She is a National Board-Certified Health & Wellness Coach (NBC-HWC), Certified Wellness Professional (CWP), ACE Behavior Change Specialist, and Mental Health First Aid Instructor. Her published work includes articles on health coaching and wellness promotion, and she has presented at state, regional, and national conferences. Sarah was recognized as the 2023 Emerging Wellness Professional by the National Wellness Institute and was named to the 2025 Times-Georgian 20 Under 40.