



Bridgette Stewart, M.Ed., NBC-HWC, CWP

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Bridgette Stewart, M.Ed., NBC-HWC, CWP, is a seasoned leader in health and wellness with over two decades of experience in higher education and community health promotion. She earned her master of education degree in health education from the University of West Georgia, along with a bachelor of science degree in sports medicine from Berry College and an associate of arts degree in psychology from Georgia Highlands College. Stewart currently serves as Director of the Center for Integrative Wellness at the University of West Georgia and as a Senior Lecturer in Health and Community Wellness, where she teaches graduate courses in their NBHWC-approved master's program. From 2021 to 2025, she served as the university's chief wellness officer, leading institution-wide initiatives to advance a culture of wellness. A National Board-Certified Health and Wellness Coach and Certified Wellness Practitioner, Stewart is currently pursuing board certification in Lifestyle Medicine through the American College of Lifestyle Medicine. She also serves as Chair of the Wellness Alliance's Council on Wellness Continuing Education and is widely recognized for her leadership in collaborative, community-based health efforts. As co-lead of Resilient West, she advances regional initiatives to build resilience and improve mental health outcomes across multiple counties in West Georgia.