



Sandy Cohen, M.P.H., NBC-HWC

**Senior Writer
UCLA Health
Redondo Beach, California**

Sandy Cohen, M.P.H., NBC-HWC, is an experienced writer, coach and speaker. A professional journalist for more than two decades, Sandy's writing about health and wellness has appeared in popular media (including the *Los Angeles Times*) and scientific journals (including the *American Journal of Health Education*). She speaks regularly to writers and coaches on topics including storytelling, self-confidence, time management and mindfulness.