



Gabriela Monge, MS, NBC-HWC, CWP

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Gabriela Monge is a National Board Certified Health and Wellness Coach, Certified Wellness Practitioner, Director of Community Engagement for KnoWEwell, P.B.C., and Founder/Coach of Integrative Holistic Healing, LLC.

She holds a Master of Science in Integrative Health and Wellness from the University of West Georgia and has served as an adjunct instructor and health coach mentor at UWG, supporting future health and wellness professionals through formal education and community engagement.

Gabriela's work sits at the intersection of community building, education, and coaching. While her approach is grounded in evidence-informed behavior change and integrative lifestyle medicine, Gabriela highlights the importance of self-awareness, intuition, and human connection in the healing process. She believes lasting wellbeing emerges when individuals are supported in integrating knowledge, lived experience, and inner wisdom in ways that support the cultivation of a life aligned with one's holistic values—mind, body, and spirit.

Drawing from both professional training and personal experience, Gabriela understands the challenges of sorting through conflicting health information and navigating today's increasingly complex health and wellness landscape. She is passionate about helping individuals find greater clarity in their health and wellness journey through education and community connections.

Through her leadership at KnoWEwell and wellness education, Gabriela brings a multifaceted perspective on the evolving role of wellness professionals in supporting individuals and communities. She believes that balanced wellbeing is a fundamental human right that should be accessible, inclusive, and available to all, and that collaboration across disciplines is essential for creating healthier individuals, workplaces, and communities.