



## **Jenny Johnson, PT, FMCHC, NBC-HWC**

[www.simplifiedwellnessdesigns.com](http://www.simplifiedwellnessdesigns.com)

[jenny@simplifiedwellnessdesigns.com](mailto:jenny@simplifiedwellnessdesigns.com)

Jenny Johnson is the first allied health professional to join the team of Surviving Mold Proficiency Partner Diplomates. Jenny is a licensed Physical Therapist and National Board Certified Health and Wellness Coach with additional certifications in Functional Medicine Coaching and Bredesen Protocol Coaching. She holds a B.S. in Biology from Duke University and an M.S. in Physical Therapy from the University of Colorado Health Sciences Center.

Jenny's professional background, combined with her personal experience as a CIRS mom, wife, and patient, have afforded an appreciation for CIRS that is both broad and deep. Jenny is the founder of Simplified Wellness Designs, LLC based in Colorado Springs, and provides virtual services worldwide. She serves as a coach, consultant, support group facilitator and public speaker, emphasizing collaboration with medical practitioners and IEPs to enhance whole-person care for individuals and families facing CIRS, Alzheimer's Disease, and other chronic illnesses. She believes that suffering can be a catalyst for positive growth, and seeks to cultivate this possibility with her clients. With her compassionate partnership and support, individuals are empowered to overcome the challenges they face with more confidence, organization, resources, resilience and hope.