

Meet Phyllis



Phyllis D. Booze
EMT-B, BLS-I, CPC

Advocate Health Coach

Schedule a Session

Scan the QR code
or email

AtriumHealthCoach@
AdvocateHealth.org



About Me

I am passionate about partnering with you to make health and well-being feel achievable. I meet you where you are and help you explore what well-being means to you. Together, we'll create clear, practical steps you can take with confidence.

Life lessons are part of the journey, and both successes and setbacks matter. By combining experience, knowledge and proven coaching practices, we'll develop strategies that truly work for you. I listen closely, celebrate your wins and use challenges as opportunities for growth. I can help you build meaningful, sustainable lifestyle changes that support long-term well-being.




Education and Experience




- National Board-Certified Health and Well-being Coach
- Master of Science in Exercise Science and Wellness: Nutrition and Wellness – Liberty University
- Bachelor of Arts in Health Education – Ashford University
- Certified Lifestyle Medicine Coach
- Certified Christian Professional Life Coach
- ACE Certified Weight Management Specialist
- Wellcoaches Certified Health and Well-being Coach
- Tobacco Treatment Specialist – Duke UNC
- Mental Health First Aid Instructor – National Council
- Life Support & CPR/AED Instructor (AHA, Red Cross & Medic First)
- Certified NC EMT-B
- Certified Revelation Wellness Fitness Instructor
- Certified Professional Medical Coder – AAPC



My Hobbies

- Anything that promotes laughter and learning
- Swimming, gardening, writing and baking
- Volunteering in the community

Get Help With:

-  Losing weight
-  Giving up nicotine
-  Eating healthier meals

-  Lowering stress
-  Forming healthy sleep habits
-  Managing chronic headaches

-  Controlling conditions like obesity, diabetes, high blood pressure and high cholesterol
-  Improving work-life balance

Meet Alix



Alix Fry

Advocate Health Coach

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About Me

As your dedicated well-being health coach, I work one-on-one with teammates to support their understanding of well-being. I take time to get to know you as an individual and learn what matters most to you. From there, I partner with you to support your journey toward better health—one step at a time.




Education and Experience




- Bachelor of Science in Nutrition Science – East Carolina University
- Certified Health and Wellness Coach
- Certified Integrative Nutrition and Dietetics



My Hobbies

- Cooking healthy meals and baking healthy treats
- Running, hiking, gardening and biking
- Helping others love a healthy lifestyle

Get Help With:

-  Losing weight
-  Giving up nicotine
-  Eating healthier meals

-  Lowering stress
-  Forming healthy sleep habits
-  Managing chronic headaches

-  Controlling conditions like obesity, diabetes, high blood pressure and high cholesterol
-  Improving work-life balance

Meet Lisa



Lisa Franco

Advocate Health Coach

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About Me

I am a board-certified health coach specializing in helping others navigate the challenges that take the focus away from their own well-being. I am passionate about supporting healthy weight management, hormone health and stress management strategies. I can also help teammates create sustainable lifestyle shifts that fit their unique needs. I believe everyone deserves to feel strong, vibrant and in control of their own health.

Through personalized coaching, I guide others with a step-by-step approach toward reclaiming their energy, balance and self-confidence – so they can thrive in life!




Education and Experience




- Bachelor of Arts – Queens University
- National Board-Certified Health and Wellness Coach
- Integrative Nutrition Health Coach
- Certified Gut Health Coach
- Certified Hormone Health Coach
- Certified Menopausal Coach
- Certified Weight Management Specialist



My Hobbies

- Running, yoga, meditation, biking, hiking
- Traveling to the beach or mountains
- Spending time with my four kids and two dogs

Get Help With:

-  Losing weight
-  Giving up nicotine
-  Eating healthier meals

-  Lowering stress
-  Forming healthy sleep habits
-  Managing chronic headaches

-  Controlling conditions like obesity, diabetes, high blood pressure and high cholesterol
-  Improving work-life balance