

## EQUITY & INCLUSION SESSIONS



### DR. AMANDA ADKINS, MD

Dr. Amanda Adkins is a board-certified internal medicine specialist. She has been certified since 2009 and has a deep passion for ensuring that everyone has a chance at a healthy and happy life.

Medical and personal experiences teach her that a plant-based lifestyle can lead to remarkable changes in our health and our ability to fulfill God's will for us. That led to her decision to become a health coach and guide more people to better health.

Dr. Adkins looks to share the transformational benefits she experienced personally by changing to a plant-based lifestyle. She hopes to provide others with the tools to make the change, as well as to guide and cheer them through the journey.