

Instructor bio

Dr. Nola Peacock is an outpatient physical therapist and the Lifestyle Medicine Clinical Coordinator at St. John's Health in Jackson, Wyoming. She is board-certified in geriatric physical therapy, board-certified health and wellness coach, and board-certified by the American College of Lifestyle Medicine. Nola serves on the steering committee of the APTA's Council on Health Promotion and Wellness and is the Wyoming state advocate for ATPA Geriatrics. She has presented on the topic of lifestyle medicine in physical therapy at APTA Combined Sections meetings and annual meetings of the American College of Lifestyle Medicine. In her clinical practice, Dr. Peacock specializes in the treatment and prevention of chronic, lifestyle-related conditions with physical therapy intervention and health coaching.