

VITALSIGNS WELLNESS

LEARN | GROW | SERVE

Andrew Laurence Director of Programs and Health Coach

Andrew is studying Kinesiology at the University of Tennessee, which is consistent with what he loves to do: apply research and science into behavioral principles to help people live healthier lives. He has been an NASM certified personal trainer since 2018 and has worked closely in developing VitalSigns programs.

Andrew is a gardener and cook, having worked as Kitchen Director for an after-school ministry for several years. These lifelong loves inform a holistic approach to health and wellness.

Andrew also proudly serves in the Air National Guard.

