

Samantha Gunther, RN, MSN, NC-BC with Inherently Healthy Wellness Coaching

Registered nurse brings personalized, holistic wellness solutions to support sustainable lifestyle change



New York City, New York Jul 16, 2025 ([Issuewire.com](https://www.issuewire.com)) - Inherently Healthy Wellness Coaching is excited to welcome Samantha R. Gunther, RN, as their new Health and Wellness Coach. Combining her nursing expertise with a passion for preventive health, Samantha empowers clients to set and achieve holistic wellness goals through personalized coaching and evidence-based lifestyle strategies.

Samantha holds an active Registered Nurse licensure in Nevada and draws on years of clinical experience in both acute and community health settings. She supports individuals through structured wellness programming that integrates nutritional guidance, stress reduction, movement planning, sleep optimization, and chronic disease management coaching. Her approach is rooted in empathy, personalized care, and attainable goal-setting.

At Inherently Healthy Wellness Coaching, Samantha is known for her engaging coaching style and motivational support. Her services include initial wellness assessments, customized care plans, regular coaching sessions, progress reviews, and collaboration with healthcare providers. She emphasizes client ownership in health decision-making, helping individuals feel empowered, confident, and accountable for their wellness journey.

Committed to community empowerment, Samantha hosts group wellness workshops focused on topics like stress resilience, healthy eating on a budget, sleep hygiene, and holistic self-care. She also conducts workplace wellness events to support employee well-being and promote sustainable lifestyle habits in diverse settings.

Looking ahead, Samantha plans to introduce hybrid coaching programs combining in-person and virtual support, develop small-group restoration retreats, and partner with nonprofit organizations to expand access to preventative health tools in underserved Las Vegas neighborhoods. Her vision aligns with Inherently Healthy Wellness Coaching's mission of fostering healthy, resilient communities through compassionate, results-driven coaching.

Learn More about Samantha R. Gunther:

Through her online profile, <https://todaysnurse.org/nurse/4151701>

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Source : Samantha R. Gunther

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