

# Laura Patterson

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## Professional Summary

Compassionate and skilled Doctor of Chiropractic with over 30 years of experience in providing holistic care and promoting wellness. Adept at utilizing a range of therapeutic techniques to support clients in achieving optimal health and well-being. As a Health and Wellness Coach, I empower individuals to achieve their personal health goals through personalized guidance and support. Passionate about fostering a supportive environment that encourages self-care and healing.

## Skills

- Holistic Treatment Planning:
- Patient - Centered Care
- Wellness Coaching
- Education and Advocacy
- Collaborative Approach
- Creative workshop facilitation
- Intuitive guidance
- Luxury Client Experience Design

## Work Experience

### MOBE, LLC

Health Coach: Guided Self Management  
November, 1999 - June, 2025

- Client Assessments: Conduct initial telephonic consultations and assessments to understand clients' health goals and challenges. Personalized Health and Wellness Coaching: Develop customized wellness plans focusing on areas of nutrition, exercise, sleep, stress management, motivation and mindset and overall lifestyle improvements. Education and Resources: Provide clients with educational materials, resources and tools to empower them in their health objectives. Support and Motivation: Offer ongoing support, encouragement, and accountability to help clients stay motivated. Interdisciplinary Collaboration: Work closely with a team of multidisciplinary health professionals, including medication therapy management and other referral teams to ensure comprehensive and coordinated care for clients.

### Laura J Patterson DC LLC

Doctor of Chiropractic  
June, 1994 - June, 2025

- Evaluate the functioning of the neuromusculoskeletal system and the spine using systems of chiropractic diagnosis.
- Diagnose health problems by reviewing patients' health and medical histories, questioning, observing, and examining patients and interpreting x-rays.
- Perform a series of manual adjustments to the spine or other articulations of the body to correct the musculoskeletal system.
- Obtain and record patients' medical histories.
- Maintain accurate case histories of patients.
- Advise patients about recommended courses of treatment.
- Counsel patients about nutrition, exercise, sleeping habits, stress management, or other matters.
- Consult with or refer patients to appropriate health practitioners when necessary.
- Practice Management: Oversee daily operations including scheduling, billing, and patient records management.
- Patient Education: Educate patients on wellness, prevention, and lifestyle changes such as ergonomic work set up, sleep posture, and daily stretches to support overall health.
- Community Outreach: Develop and participate in community events to promote chiropractic care and educate the public on health and wellness.
- Collaborative Care Coordination: Work closely with a diverse team of healthcare professionals to develop and implement comprehensive care plans that ensure best possible outcomes for patients.

## Education

Bachelor of Arts: Pre-med, Biology: Medical Technology

Saint Mary's University

Doctor or Chiropractic

Northwestern Health Sciences University

## Certifications, Licenses, Awards

- Doctor of Chiropractic