

Imogen Tamsin Gray

Imogen is a passionate and multi-skilled public health professional with a broad knowledge around health improvement and behaviour change. She has particular expertise in weight management, behaviour change and workplace health and wellbeing. Imogen offers a wide range of experience working with individuals to advise and support them to build the knowledge and skills required to make sustainable lifestyle changes in order to improve health outcomes. She aims to continue building on her professional knowledge and experience within public health and nutrition, whilst also furthering her personal passion for helping people to improve their overall health and wellbeing - something she will never stop finding extremely rewarding.

Imogen's work experience includes:

- Senior Public Health Manager – Nutrition and Lifestyles, Cambridgeshire County Council and Peterborough City Council (August 2019 – Present).
- Wellness Expert, PAM Wellbeing Ltd. (October 2017 – August 2019).
- Nutritionist, Everyone Health (October 2015 - October 2017).
- Health Trainer, Lincolnshire Community and Voluntary Services (June 2014 – October 2015).
- Shaw Nutrition, Stamford Lincolnshire (September 2012 – April 2016).