

Meet the Coach!

We are excited to introduce you to
Kimberly DiBlanda



Kimberly DiBlanda RN, is a passionate healthcare professional born and raised in Fairfield County, Connecticut. She obtained her diploma in nursing from Bridgeport Hospital School of Nursing and has since believed that caring for others is her true life's purpose.

While Kim's professional experience expands from case management to medical surveillance and chronic disease management, her true passion lies in educating others on living a healthy lifestyle. For the past ten years, she has served as the Assistant Director of Health Services at the University of New Haven. Kim was the assistant coordinator in leading UNH to become the first university in Connecticut to become a tobacco-free campus! In addition to coordinating annual health fairs and events, Kim has been pivotal in creating culturally sensitive programs, while finding a way to educate the diverse student body in a fun and creative manner.

In her down time, Kim is an avid fitness enthusiast, with a love for teaching others how to prepare healthy, yet delicious meals. Throughout her career, she has become to truly enjoy educating adults on how to age healthfully through a balance of diet and regular physical activity, while minimizing risk for contracting chronic diseases. For Kim, nursing isn't just a job. It has afforded her the opportunity to learn more about herself and how she can better support those she serves.

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