

Meet Our New Provider

Atlantic Packaging Travel Health Coach



Ryan Efaw, RN Health Coach

BSN, RN, Dip. ACLM, CDCES, NBC-HWC

Ryan is a Registered Nurse who is knowledgeable and passionate about the impacts of a healthy lifestyle on health outcomes. As a Certified Lifestyle Medicine Practitioner, he has been part of helping many people achieve remission to chronic health conditions with significant experience in diabetes, heart, and weight management care. In addition to being certified in diabetes care, and health coaching, he is professed in the Secular Franciscan religious order and is dedicated to living a holistic healthy life himself. He takes time to meditate daily, enjoys just about any activity outdoors, and loves sharing meals with friends and family – especially home-cooked, Italian meals!

Atlantic Packaging Health Coaching

Weekly schedule:

Tuesdays: 8am-5pm

Wednesdays: 12:30pm-4:30pm

Thursdays: 10am-6:30pm

Phone: 404-710-7493

Email: refaw@marathon-health.com

TO SCHEDULE AN APPOINTMENT

Call the center or go online to:
my.marathon-health.com

