



Mai Health Now LLC
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About Mai

Mai T. Trinh is the C.E.O. & President of Mai Health Now LLC which helps busy individuals to boost their energy so they can be healthier, happier and more productive. Mai Health Now LLC teaches people how to put their health first through learning about self-care, chronic disease prevention, stress management, time management, transformative thinking, nutrition, physical activity, parenting and an array of topics from elderly care to better focus on the job.

Mai teaches seminars, cooking classes and private counseling sessions through out the DC Metro Area. She has served as a Health Educator at Exxon Mobil Corporation, Kaiser Permanente, Aetna, INOVA Health Systems, E4 Health, Cigna, Institute of Integrative Nutrition, the City of Alexandria Fire Department Education Programs, law offices, universities, local government agencies and Fortune 500 companies.

Mai holds a M.S. in Global Health from George Mason University and is a Certified Holistic Health Counselor. She received her training and certifications in Holistic Health Counseling from the Teachers College at Columbia University and the Institute for Integrative Nutrition in New York City. Through her seminars, Mai helps busy employees stay up to date with the latest health prevention strategies found in peer review journals and relaying it in a relatable and practical way.

Qualifications

Mai T. Trinh, C.H.H.C.
Health Counselor
M.S. Global Health

Training and Education

George Mason University
M.S. Global Health

Teachers College Columbia University
Holistic Health Counseling Certification

The Institute for Integrative Nutrition
Holistic Health Counseling Certification

Mary Washington College
Bachelor of Arts