

Meet Your Juneau IHP Wellness Consultant

Kathrin Millhorn



Kathrin received a degree in elementary education from the University of Alaska Southeast, and has continued to pursue health and recreation. Working in aquatics for over 20 years, she has taught individuals of all ages how to be safe in, on and around the water as well as assisting them in development of plans for fitness swimming programs. She coaches the Juneau-Douglas High School swim team and works with Glacier Swim Club. In her role as a swim coach she helps swimmers set and achieve their goals by assisting them with improving their stroke technique, combining water time with a dryland program and encouraging good nutritional habits.

Kathrin holds a number of certifications, among those: State of Alaska certified Emergency Medical Technician 1, American Heart Association Basic Life Support Instructor, Yogafit Level 1 Instructor, Water Safety Instructor & Instructor Trainer and Lifeguard Instructor & Instructor Trainer. She has served as an American Red Cross instructor for HIV/AIDS Education, CPR/AED, First Aid, Bloodborne Pathogens, Wilderness First Aid, and Pet First Aid.