



Cindy Land - RN BSN, BCB-PMD, WHC

Cindy is a Registered Nurse, RN-BSN and is Board Certified in Biofeedback for Pelvic Muscle Dysfunction, with 12 years of urology experience and specializing in Women's Pelvic Health. She is passionate about women's health and helped to develop, implement and grow the Pelvic Health program at her current facility focusing on treatment of urinary incontinence, bladder/bowel issues, pelvic pain, sexual dysfunction and prolapse. She is working to expand programming into female cancer survivorship.

She has studied through the Integrative Women's Health Institute (IWHI), becoming a Certified Women's Health Coach, to gain truly valuable coaching skills in order to more fully serve and partner with her patients. She utilizes health coaching as a tool to aid women in improving their self care and managing stress, empowering them to take positive steps toward finding their optimal health and wellness. One of Cindy's other passions is teaching, and she is very excited to be a part of IWHI as a Master Coach to help guide and support other women who are seeking to build their coaching skills. She promotes and advocates women helping women, creating sisterhood and resiliency.

Cindy and her husband Keith reside in Bayport, MN. Their family includes six children, 2 dogs and a cat. She enjoys hiking, walking with the dogs, Fat Biking, adventuring with her husband, reading and spending time with family.

