



Tracy George, M.P.H., CHES, CYT

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Tracy George, M.P.H., CHES, CYT, is a lecturer of psychology at UNC Asheville, specializing in experiential, mindfulness-based approaches to health and behavior change. She teaches courses at the intersection of health, psychology, and well-being—including Health Psychology, Human Sexuality, and The Art & Science of Meditation—where she integrates evidence-based practices, movement, and reflection to help students connect science with embodied experience. A graduate of the Yale School of Public Health (M.P.H. degree in social & behavioral sciences), Tracy co-created and directed Yale’s first student wellness center, the Good Life Center. Drawing on her background as a certified health educator, mindfulness teacher, and dancer, she brings a holistic, community-centered approach to teaching that highlights the power of social support for sustainable health behavior change and well-being, earning multiple teaching award nominations. She is currently researching how social connection influences the sustainability of SMART health goals among college students. Originally from Cleveland, Ohio, she now calls Asheville home, where she enjoys hiking, mountain biking, and baking sourdough bread.