



## **Rob Hupperich**

Recovery Support Specialist

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### **Education and Certification**

Bachelors of Science in Business Administration from the University of Wisconsin, Platteville.

### **My Treatment Philosophy**

I'm a big advocate for an integrative approach to mental wellness. I'm fascinated by many of the various factors that can impact both our physical and mental state, chiefly diet, exercise, and mindfulness practices. To me, there is no separation between the body and the mind. If there was a separation, we could be in real trouble.

### **A little bit about me...**

I enjoy spending time outdoors, hiking, kayaking, cycling, and snowboarding. I'm also a bit of a research hound, who likes learning new things.

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