Dr. Megan Melo, MD

Board-Certified in Family Medicine and Obesity Medicine

Certified Life Coach through The Life Coach School

Certified Daring Way™ Facilitator, based on the work of Brené Brown, PhD LMSW

Balint Instructor

I help Women Physicians and other Professionals get out of burnout and build a happier, healthier life for themselves, including reversing stress-related weight gain.

Undergraduate: BA in biology and English from Case Western Reserve University

Medical School: University of Washington School of Medicine

Residency: Group Health Family Medicine Residency (now known as Kaiser Health Plan of Washington Family Medicine Residency, Seattle, WA)



Where people can find me:

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