

Ridgewood Chamber of Commerce



Member Spotlight



Angela Goldman
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Angela Goldman is a board-certified health coach specializing in health and personal transformation. Her mission is simple yet powerful: to show people they have more control over their well-being than they've been led to believe, and to provide the tools to take that power back. She partners with clients ready to make their next chapters healthier, more fulfilling, and sustainable - whether managing sugar, heart health, stress, weight, menopause, or navigating life's many transitions.

With 17 years in health and wellness and decades in Corporate IT, Angela blends professional expertise with lived experience. Backed by multiple health certifications - including two in functional health coaching - she offers one-on-one coaching and wellness programs that help clients personalize their path, never one-size-fits-all. She also teaches at Bergen Community College's Institute for Learning in Retirement.

A menopause survivor, mother of two (one on the spectrum), caregiver for her mom, and diabetes-prevention advocate, Angela doesn't just "talk health": she lives it. Angela believes the best chapters in life are still ahead, and they're even better when written with good health! If you or a loved one are ready to begin your next chapter, Angela is ready to help you write it.

For your Member Spotlight contact -
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