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Julie, Professional Colleague, audience member for Katie’s presentations, blog and Face Book Follower

Katie is a person who was blessed with many gifts. One of them is sharing her passion for wellness with others in a way that continually inspires. She is authentic, transparent and radiates goodness. She is a role model on living life with courage and grace. She is someone who makes you feel better, simply by being in her presence. I am so fortunate to have met Katie on my wellness journey and continue to learn from and be inspired by her. In short, she is awesome!

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