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Sue, Presentation host, Facebook follower, special events attendee

I give Katie two thumbs up! I've participated in Katie's yoga classes, attended her special events, hosted a Healthy Happy Hour, enjoyed many of her recipes, and follow her on facebook. I keep coming back for more! Why? Well, each time I listen to Katie's healthy tips I soak up a little more of her inspiration to live well and am able to use what I learn to become a better, healthier, happier me. Katie is incredibly knowledgeable in all areas of women's health, understands the struggles we all share in taking care of ourselves while juggling life, and is extremely uplifting. I can't wait to be a part of Katie's next mission to teach and inspire us women to live well.

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