



---

## ***HEALTH & WELLNESS EXPERT***

---

### ***ABOUT KATIE***

Katie left the corporate world to follow her passion to support busy women with nutrition and lifestyle counseling. Katie is a Women's Health expert who works to help implement simple, healthy choices that make a big impact on women's health. Katie specializes in stubborn weight loss, women's hormones and nutrition. With Katie's support the women she coaches lose weight, de-stress, increase energy levels and reach personal and professional goals in a fun, loving and supportive space.

She has supported Fortune 500 Companies such as Mattel, Digitas, IAC, Collective, Publics Modem and PCT. As seen on MSNBC, American Express, She Knows, Mind Body Green, Maria Shriver, Thrive Market, Fox and Learn It Live.

### ***SPEAKING TOPICS***

- **Reduce Stress and Improve Productivity:** Incorporate specific foods and movement into your day to feel less stress in your body and have more mental clarity
- **The Super Energy Prescription:** Learn simple fatigue-fighters that will instantly boost your mood and energy. Stop feeling tired and start fueling your energy!
- **How to Beat Your Sugar Cravings For Good:** Sugar is in everything! Learn how to gain energy, clarity and never crave sugar again
- **It's Not You, It's Your Hormones:** Balance your hormones, increase your energy levels and sleep better without any prescriptions from your doctor

*Katie is available to speak at conferences, summits, on panels and is available for TV. She is also a Corporate Wellness Expert and supports Fortune 500 Companies.*



***BOOK KATIE AT YOUR NEXT EVENT:***

*[katie@katiebressack.com](mailto:katie@katiebressack.com)*

▶ *Visit [www.katiebressack.com](http://www.katiebressack.com) for more!*