

CORPORATE WELLNESS EXPERT

ABOUT KATIE

Katie Bressack is a Certified Health and Wellness Coach from the Institute for Integrative Nutrition and Board Certified by the American Association for Drugless Practitioners (AADP). She also has a certificate from the Institute of The Psychology of Eating, Trained in the Hormone Cure with Dr. Sara Gottfried and is a Registered Yoga Instructor.

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.

Katie creates Wellness at Work programs. She also leads Corporate Wellness Lunch and Learns, one-on-one nutrition counseling, workshops and cooking seminars.

BOOK KATIE AT YOUR NEXT EVENT:

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► Visit www.katiebressack.com for more!