

Vibrant Healthy Living for Busy Women



Katie Bressack
presents...

Speaking Topics

FOOD AND YOUR MOOD

Your food choices affect your mood. Learn simple tips to keep your energy levels balanced so you can stop riding that energy roller-coaster.

THE SUPER ENERGY PRESCRIPTION

Learn 5 simple fatigue-fighters that will instantly boost your mood and energy. Stop feeling tired and start fueling your energy!

IT'S NOT YOU, IT'S YOUR HORMONES

You can balance your hormones, increase your energy levels and sleep better without any prescriptions from your doctor.

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.



TESTIMONIALS

Katie highlights the fact that women are so often socialized to be hard on themselves, and their bodies. The conditioning is so pervasive in society with all of the unhealthy "body beautiful" advertising around us. Katie gave us tools to help us renew a healthy relationship with our bodies.

~ Liz Stokvis

Katie was engaging and interactive with us. I would definitely attend a talk with her again! Katie is very knowledgeable and motivating!

~ Kim Gauthier

SPEAKING ENGAGEMENTS

Katie has enlightened audiences at:

- Mattel
- Tribal Fusion
- Learn It Live
- Networking From The Heart
- El Segundo Rotary Club
- The Green Yogi
- Lululemon
- South Bay Yoga Conference



www.katiebressack.com