

Stephanie will be ready for your questions.

Drop in any time:

Thursday, May 8 9:00 AM - 11:00 AM

Thursday, May 15 5:30 PM - 7:30 PM

Wednesday, May 28 5:30 PM - 7:30 PM



Stephanie Kedra
Certified Health Coach

Specialty Areas:

Gut Health

Nutrition

Disease Prevention

Ask a Health Coach!



Have you ever wondered...

How can I decrease bloating?

How can I lose weight successfully?

How can I strengthen my immune system?

