



DAWN MCGEE

Nutrition Evangelist, Global Cuisine Expert & Author

Certified & Licensed Nutrition Coach

Author of "365 Days of Healthy Living"

Creator of the Eat, Move & Recharge™ system

Founder of the Reclaim Your Life, One Bite at a Time® program

CONTACT

dawn@dawnmcgee.guru

CONNECT

 *@DMNutritionCoach*

 *@DMNutrition*

 *@DMNutritionCoach*

 *linktr.ee/DMNutrition*



My mission is to empower women to make their health a priority so that they can get off the sidelines and get back to doing all the things that bring them joy. I inspire them to make small, meaningful changes to achieve their health goals, because as a busy mom and professional woman myself, I've walked in their shoes, and I'm right there in the trenches with them!

My program is focused on my client's health as a whole—and it's about so much more than a plate of food or a pair of running shoes. That's why I teach my exclusive Eat, Move & Recharge™ system.

My clients come to me feeling like they have lost control over their health and have no hope of ever feeling great in their skin. They finish my program with the skills, knowledge, and confidence they need to create a life they love on THEIR terms.

TOPICS



Healthy Eating in the Workplace



Being Healthy On-the-Go



Why Diets Don't Work



Balancing Biz & Family



How to Keep Your Immune System Strong



Self-Care Strategies for Busy People

AS SEEN ON

- Make Up or Break Up With Judith Jameson
- The Blossom to be Fit Show
- New Fab You Show
- Totally Well Podcast
- Polkadot Powerhouse Annual Convention
- Laws of Attraction in Action Podcast

As a speaker, a foodie, and a former rider of the "diet roller coaster," I know how to connect with your audience, wherever they are on their health journey. Schedule time with me today.