

INSPIRATIONAL SPEAKER AND AUTHOR ~JUST THREE WORDS

KAREN NEWMAN, MS, RDN

Be, Touched, Motivated and Transformed.

Karen delivers all this and more!

A **stage-4** metastatic breast cancer and eating disorder survivor.

A **world-record-breaking triathlete**, and a **registered dietitian**.

Karen's powerful message of hope and victory spans age, race, religion and gender!



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and many more!

Interested in hearing Karen's story, purchasing her book, or simply to be encouraged?

Contact Karen for availability at: Karen@thekarennewman.com

www.thekarennewman.com