

INSPIRATIONAL SPEAKER and AUTHOR of *JUST THREE WORDS*

**KAREN NEWMAN, MS, RDN**

Looking to be inspired, change your life, motivate your students or employees?

**Karen delivers all this and more!**

As a stage-4 metastatic breast **cancer** and **eating disorder survivor**, as well as a **world-record -breaking triathlete** and **Registered Dietitian**, Karen's **powerful message of hope and victory** spans age, race and gender, & can be geared to both secular and faith-based audiences!



She's been featured on NBC's ***TODAY*** show twice, ABC, WCAX, FOX 44, Sirius XM, Radio MD, the Light FM, & in the NY **Post**, among many others.

Interested in booking Karen, purchasing her book, or simply to be encouraged? Please visit her website: <http://thekarennewman.com>

*Inspirational Speaker, World Record-Breaking Triathlete, Cancer & Eating Disorders Survivor. Author of **Just Three Words**, a gripping story of survival and triumph.*