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August 7th 2018: The Power in Living Healthy**

Lisa Kafer has dedicated her life to helping others. She's instrumental in bettering the lives of her clients by coaching them in areas of healthy living and weight loss. In this episode Lisa shares why eating healthy affects our mind, body and soul and how making simple changes in our life gives us energy, vitality and helps us to feel beautiful on the inside and the outside to raise our vibration, have more confidence and truly present our power!

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**Featured Guest**



**Lisa Kafer**

Lisa Kafer has dedicated her life to helping others. She's instrumental in bettering the lives of her clients by coaching them in the areas of clean eating and weight loss.

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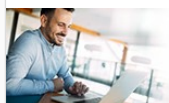
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