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May 19th 2015: Lymphatic Drainage, Overcoming Fears and Perfect Balance

Jen Kunio's path to uncover her passion in the art of lymphatic drainage came in an unconventional and challenging way. So often, the things that challenge us the most are there to get our attention to help us discover our passions. Jen will share her story in how she came to this ancient art of body healing and how beneficial lymphatic drainage is for the body. Jen also grew up with a fear of water, which came as a result of watching Jaws as a young child. To help her overcome her fear, Jen signed up for a triathlon to force herself to learn how to swim. That became the start of a heal

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Featured Guest



Jen Kunio

Jen Kunio has been passionate about sports from a young age and currently has a healthy addiction to triathlons. She has extensive experience in sports medicine, personal training and massage therapy. Jen has a degree in Kinesiology from Michigan State University. According to Jen, "the joy I get in seeing people released from pain, realize their potential and accomplish more than they ever thought possible is so rewarding. It's not just about running farther than they thought they could, it's about doing more than they ever could envision themselves doing. I get to work with amazing people who make my job fun and consider myself blessed to work with these people. The people who inspire

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