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**Erika Dworkin, BCHN®**  
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edworkin@vitathena.com • vitathena.com

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Jane Grant, RD CD-N  
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grant@grantsnutrition.com  
grantsnutrition.com

Jane is trained in integrative and functional nutrition utilizing a personalized, holistic approach to chronic disease and weight management. Integrative and functional nutrition combines the very best of modern science, clinical wisdom, and integrative therapies to address the root cause of disease and promote abundant health. See ad on page 21 >

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**Lauri Ingram**  
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**YOGA STUDIO**

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sacredriversyoga.com

Paula Scopino, E-RYT 500-Hour, C-IAYT, CT Licensed LMT, YACEP, is the owner/director of Sacred Riven Yoga and Allied Health Therapies and “Sacred Rivers Yoga for Every Body,” a Yoga Alliance 200- and 500-hour registered school, as well as a member of IAYT (International Association of Yoga therapy.) See ad on page 27 >