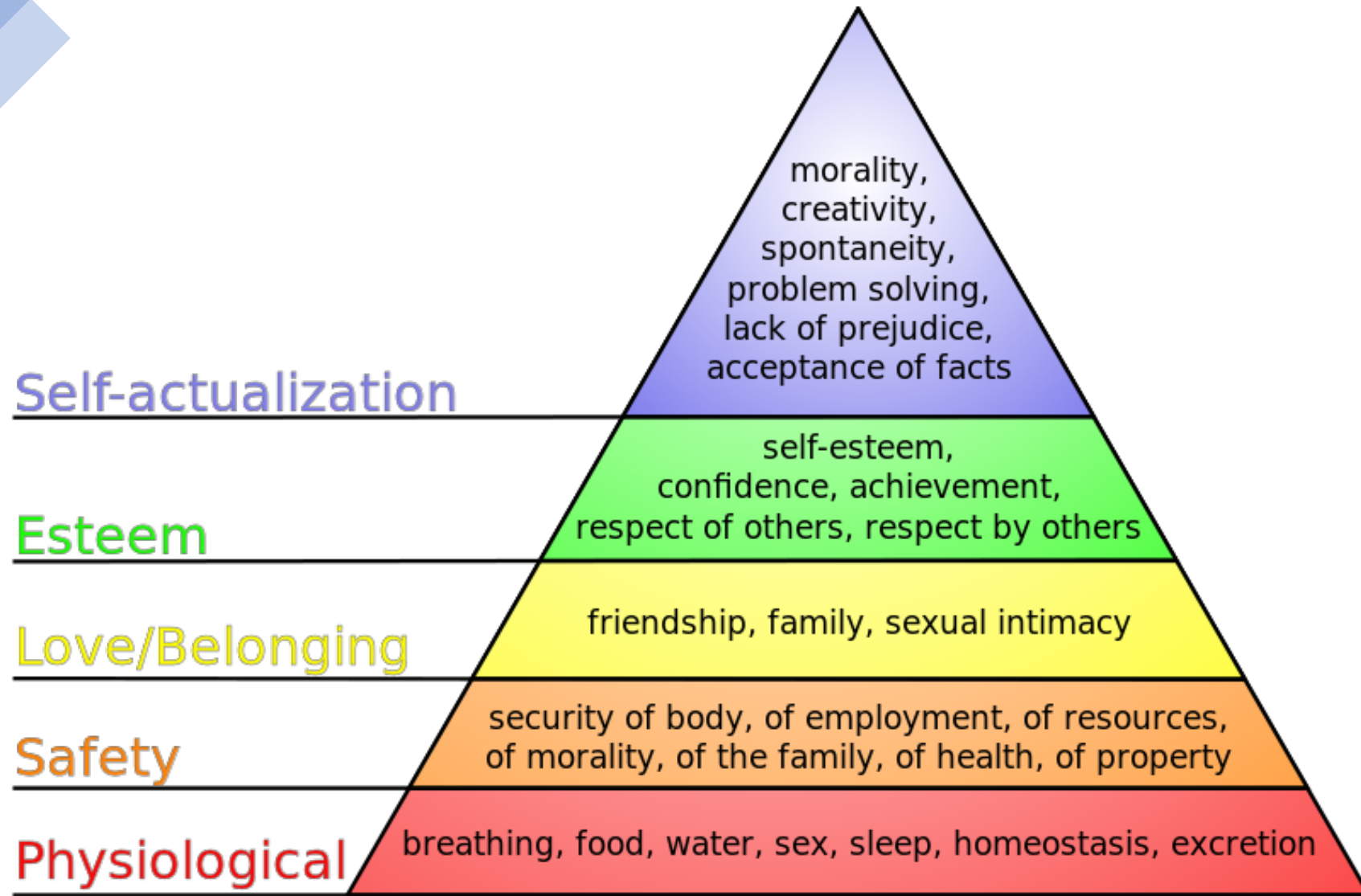


Denise Murray

Denise is a seasoned former RN Disease and Injury Case Manager who now serves as a holistic health and fitness coaching professional. She also has years of professional and personal experience serving in faith-based non-profits, including in the heart of Los Angeles' Skid Row. She was born into circumstances that made her an "Adult Child" who had to learn & experience what it means to "First Heal Thyself." As a result, she is now a Board-Certified Nurse Coach. Through her private practice, she helps other personal and professional caregivers explore the nuts and bolts of transformation from the inside out helping them move from stuck and striving to freedom and thriving.







Website
www.denisemurraycoaching.com

Email
midemurrayfit@gmail.com

Phone
626-372-9174