



Keynote Speaker
Registered Dietitian
Superfood Chef
Author
Yoga Instructor
Certified Personal Trainer
Mindful Living Expert
Chief Nutrition Officer
at On Target Living

Mindful
EATING
Mindful
MOVING
Mindful
LIVING



For audiences who want results and to live a better life

Kristen Johnson Brogan Introduction

Kristen Johnson Brogan is a Registered Dietitian, Yoga Instructor, Superfood Chef, Author of the best-seller cookbook, *Target To Table: Healthy & Delicious Meals One Superfood At A Time* and Mindful Living Expert at On Target Living, a health and performance company teaching people how to be their best self.

Kristen energizes and motivates her audiences to live healthy without making sacrifices. Kristen specializes in unlocking happiness, optimal health, and mindful living by building lasting habits and transforming lifestyles. Her approach is centered on teaching a lifestyle that blends mindful eating, mindful moving, and mindful living.

Kristen's dream is to one day have her own cooking show on Food Network. Please help me welcome Kristen to the stage.