



## LAUREN PALM

Lauren (“Lo”) Palm lives in Dayton, Ohio with her husband, three kids, and two dogs. She graduated from Miami University with additional certifications in personal training and religious education catechesis. Lauren has a love for all things wellness and speaks to groups and organizations regarding spiritual wellness, physical wellness, mental wellness, and the balance between them.

Lauren’s passion is for learning, teaching, and sharing the beauty of the Catholic faith and all of its great treasures. Her true purpose is felt in being a mom to her kids.

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