

# WELLNESS EMPOWERED



## Michele Stamm, PT Plant-Based Holistic Health Coach

Michele Stamm has been a physical therapist for over 30 years, and has worked in long-term care settings for the second half of her career. During this time, she has worked with so many people who did not have to be there. Some simple changes to their lifestyles a few years earlier, they could have avoided the amputation that came from diabetes, the stroke that came from high blood pressure, the heart attack that came from high cholesterol.... She found it so frustrating to be working with a patient in one of these situations, just to have their meal tray delivered, loaded with unhealthy foods, the very foods that were a big part of landing them there in the first place.

This frustration led Michele back to school, where she became certified as a Holistic Health Coach through Health Mastery Institute. She also received a certificate in plant-based nutrition through Cornell University. In addition, Michele has eaten a plant-based diet herself for over a decade, so she has plenty of practical experience in making this lifestyle realistic and doable.

Michele's passion is to EDUCATE people about the power of plants to improve and restore their health. She comes alongside people, to ENCOURAGE them in making simple changes to their plates that can result in powerful changes in their lives. Ultimately, she desires to EMPOWER people to take charge of their own health by shifting toward a plant-based lifestyle rather than simply relinquishing their health to other people, medications, and medical procedures.

Through both professional and volunteer opportunities, Michele has much experience with public speaking. She has spoken in front of audiences of both adults and children, groups as small as five and as large as 500. Whether speaking to a group or one-on-one with her clients, Michele aims to keep her teaching friendly, fun, and relatable for all those in her audiences.

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