

Judy Molinaro



Testimonials

Clients

- *"Judy has a richly diverse background and is a valued asset to any healthcare and training organization. She is not only a talented yoga instructor, but practices in many health, fitness and nutrition domains. Her skills span a wide range of knowledge for training, workshops, and consulting."* Mark Castle, Lead Program Manager, Castle Associates Consulting
- *"Judy has the passion in sharing her skills as a wellness instructor and motivational speaker in helping any organization, of any size, build productivity for their business. All while making it fun for employees and giving back to the community. It's a win-win for all."* Pam Carrier, Creative Director, United Way of Massachusetts Bay and Merrimack Valley
- *"Judy models gracious consideration and compassion, qualities of the highest essence of yoga. With kindness and discipline, she teaches the benefits of yoga to our diverse group. I have incurable cancer, but cancer does not have me. Yoga has my attention and my body, not only on the mat, but also as I walk, sit, breathe, work, and go about my life. This is true largely because of Judy."* Roberta Sappington, Long time yoga student, long term cancer survivor
- *"Judy's 'Eat Like You Give A Damn' coaching program and wellness guide introduced me to a number of simple changes in my daily habits that made all the difference. With her support and guidance, I achieved impressive results."* Annie Bagdasarian

Attendees

- *"Professional, caring and insightful! Anyone who gets to attend her workshop should not miss the privilege."* Diane C.
- *"Judy is among the best in her field."* Debra S.
- *"Expert instruction, caring guidance and a positive message."* Mani C.

5-Star Amazon reviews for *Eat Like You Give A Damn, Give up, Give in, or Give it all you've got!*

- *"Informative and inspiring. Makes you want to take control of your health and diet. So happy I ordered this book! Loved it!"* Amazon ★★★★★
- *"This book is excellent. It's well-written and informative. The information is totally do-able. I highly recommend it to anyone looking to improve their health."* Amazon ★★★★★