

Julie McMahon Bio

Julie McMahon (Nutrition Julie) is a NBHWC National Board Certified Holistic Health Coach and Nutrition Educator, Wellness Advocate and Speaker with over 25 years of experience in the Health and Wellness industry. Julie is on a mission to share education, tips and strategies that empower all people in the community to experience optimal health, one bite, one step at a time. She believes in the power of whole, real foods to prevent illness, heal imbalances, and give the mental clarity and energy to live your best life ever!

A handwritten signature of the name "Julie" in a cursive script, rendered in a vibrant purple color.