



Friday, April 26th

12:15pm-1:45pm

Nutrition Coaching for Fitness Professionals

Some of the most frequently asked questions by your clients and students is something about nutrition. In this session, receive appropriate nutrition information and coaching tools to set yourself apart and create a higher level of impact on your clients/students and in your business!

Saturday April 27th

8:30am-10:00am

Gut Health: Your first brain

How healthy is your gut? Do you really know how healthy it is? Do you understand that your gut is your first brain in your body? This session encompasses all the components of your gut, how to make it healthy, and why it is considered your first brain.



BIO:

Casey Tom, BS Exercise Science, is the owner and founder of iCAN Nutrition Coaching. Her passion, fierce drive, and full-hearted love for what she does sets her apart in her field. Casey has been in the fitness industry for more than a decade, with multiple nutrition certifications and mentorships also under her education umbrella. Casey is a diamond in the rough, paving the way in the art of nutrition coaching and helping thousands of individuals live their best lives.

