

where it all began

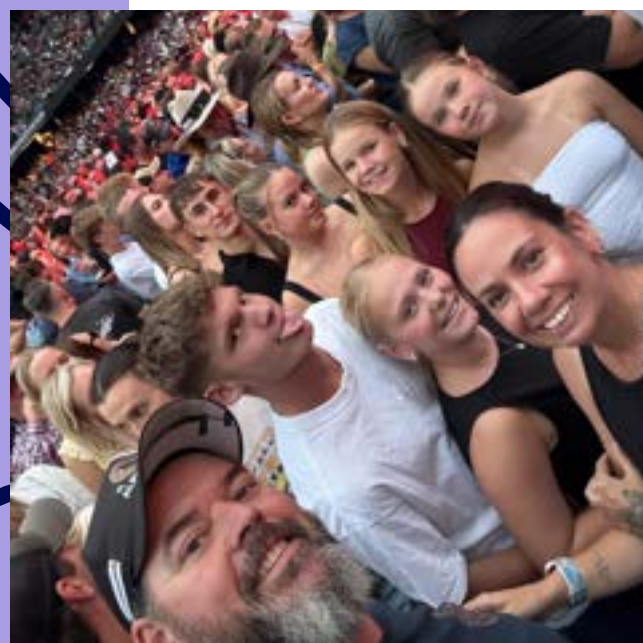
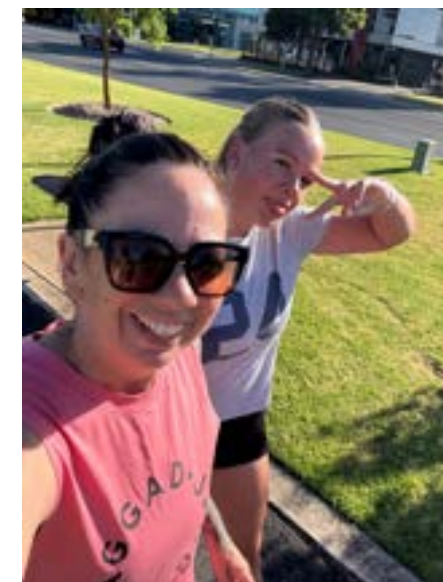


2022 - 2023

2024 the year of change



to infinity & beyond



What next ...

- Continue to love myself sick & grow into the best possible version of myself
- Not let people bring me down or influence my decisions
- Show up as my best self EVERY SINGLE DAY
- Continue to improve my overall health one step at a time
- Share my journey and story as much as I can with others to provide them the encouragement and support they need to have the best possible outcomes on their journey
- Advocate for change and help break down the stigma associated with weight loss surgery
- Study Holistic Counselling/Therapies & help support others in a professional capacity

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A goal without a plan is just a dream

*Plan, prepare
and then
prepare some
more*

*Surround
yourself with
like minded
people*