

Turning a New Leaf

KRISTEN OWENS

Natural Health Practitioner and Essential Oils Educator

Kristen has been in the wellness space for almost 24 years. She has managed corporate fitness and wellness programs for the last 15 years and currently works with Goodlife in the workplace wellness division in various capacities. Kristen was host and producer of a Rogers TV show called Creating your Best Life, where it is still aired across the GTA today.

Kristen is a sought after speaker & teacher at large and small events as well as corporations on a variety of health and wellness topics. As a Natural Health Practitioner, Holistic Nutritionist, Yoga & Pilates Teacher and essential oil leader with DoTERRA, she runs a thriving wellness organization educating families on adopting natural tools to become stronger mentally, emotionally and physically.

