

A New Chapter

It's Thanksgiving Day as I sit down to begin this letter, I realize I have a lot to be thankful for and [REDACTED] is definitely one of them. My decision to step away from [REDACTED] has been one of the most difficult decisions of my life and was not made lightly. This has not only be my job, it has been a huge part of my social life. I consider my colleagues and clients as extended family and not being with all of you on a daily/weekly basis is going to leave a huge void. I am so grateful for the knowledge I have gained and the many opportunities I have been afforded over the last 11 years at [REDACTED] and previous four years with [REDACTED]. They are too many to enumerate and I don't think I can remember them all even if I tried. But I do know this, every single client teaches me something new every single day. Truly. I cannot thank you enough! One of the best opportunities has been Rock Steady Boxing. It has changed my life forever. I just want to say to all of the boxers, the drive, determination and never give up spirit you exude is beyond words.

To my colleagues, I want to extend my gratitude and appreciation for being able to share this passion with you. With instructors coming from different movement backgrounds, I learn something new from you every single day, too. I feel so fortunate that our paths have crossed.

As I said earlier, this has been a difficult decision, but I feel it is time to begin a new chapter in my life. A time for self respect, healing, and personal growth.

Thank you to all of my clients for trusting me to be a part of your wellness journey.
It has been an honor! All of you are part of my story and you've made an impact on
my life. From the bottom of my heart, THANK YOU! Cheers to the next chapter...