



**Lauren Fleck, M.S., RD, RYT**

**Mental Wellness Dietitian, Speaker, and Consultant**

**Lauren Fleck, LLC**

**Hudson, Wisconsin**

Lauren Fleck, M.S., RD, RYT, is a registered dietitian, yoga teacher, and advocate for whole-person wellness, leveraging her master's degree in functional medicine to promote holistic health. With a passion for empowering individuals, she guides them to become their healthiest and happiest selves, both personally and professionally. Lauren is particularly committed to supporting the health and well-being of veterans and spreading hope for mental health challenges through integrative modalities. Alongside her professional pursuits, she finds joy in being an auntie, spending time outdoors, having home-cooked meals, and sipping vanilla lattes. Through her multifaceted expertise and compassionate approach, Lauren empowers others to live lives of joy and purpose.