

Kathy Fisher

As owner and director of The Healing Arts Center of Bristol, LLC Kathy returns to her beloved, native Bristol after 32 years in Atlanta, Georgia, where she acted as Director of Sales and Marketing for many of the food services industry giants—working hand in hand with major colleges, hospitals, schools, food distributors, manufacturers and brokers. She served as both consultant and educator for many individuals and companies.



Kathy is currently a certified Yoga Instructor, a Master Level Reiki Practitioner and was recently certified in Healing Oil Massage Technique. That vast spectrum of experience and knowledge, combined with a forthcoming degree in Holistic Nutrition and years of yoga practice, gives her the understanding it takes to successfully lead the team at The Healing Arts Center.



One of our many goals is to teach individuals to make 'better choices' in their lives and empower them with the knowledge that will help them take responsibility for their own health.

Our Life Lesson #1: The key is not how *many* years one lives, but *how* one lives the years they are given.

Our purpose at Healing Arts is to bring awareness to our environment and to our world; and to our food, nutrition & exercise. A central focus will be upon showing our clients how everything we think, breathe, eat and drink impacts our overall health - as well as the health of those loved ones around us - and that effect continues for many generations to come.

As we open our doors 'officially' on Friday, February 1st, 2008, I hope that you will join us on our journey. Many have already played an intricate part in putting together this Center. And for that I am eternally grateful.

I truly believe that there are two main objectives in life here on Earth: to teach, and to learn. I believe that if there are changes to be made in our world today I must be part of that 'forward progress', and that each time I point a finger at someone or something I must also be willing to offer an outstretched hand.

I was truly fortunate enough to be able to study with Dr. Deepak Chopra & Dr. David Simon at the Chopra Centers in both California and Denver, Colorado. A key phrase I took away in my heart and mind, and have tried to apply in my own life, is this:

Be the change you want to see in the world.

We are the only ones who can, or *should*, take responsibility for our own minds, bodies, and faith. I

ask God for his continued presence and guidance in my life and in this new endeavor.

Come and join us....

—Kathy Fisher