

Tele-Classes & Seminars* taught by:



Kathrine Lee

Co-creator & Executive Director of the Source

Kathrine is the president of Decision Health Services Inc., a corporation that teaches the importance of physical, emotional, spiritual & relational health in schools, churches and corporations. She has served as a Health Strategist and/or speaker for companies & organizations such as Boeing, Beckman, M.O.P.S. & Disney. Kathrine specializes in establishing corporate wellness programs and helping health professionals implement nutrition and wellness programs in their practices.

Kathrine is an internationally recognized inspirational speaker & featured on television & radio including the *KTLA Morning Show* & *the Oprah Winfrey Show*.



Catherine A. Rudat

Source Coach

Catherine A. Rudat is one of the Nation's leading Health and Wellness Experts. Having begun her career in the public sector in Newport Beach, California, Catherine specializes in all aspects of health and wellness including fitness, health & nutrition, safety and stress management to name a few.

With a Bachelor of Science degree in Exercise Physiology and Nutrition from the University of California Davis, and a Masters degree in Exercise and Nutrition Science from California State University Fullerton, Catherine has a solid educational foundation in her field. Additionally, she has earned certification from The National Academy of Sports Medicine as well as certification in Balance and Mobility from California State University Fullerton. Catherine provides cutting edge Wellness Programs to businesses eager to enhance the lifestyle and productivity of their staff. Proof that her strategies work, Catherine was awarded the "Fit Business Gold Award" by the State of California for Best Corporate Wellness Program in California.

In addition, Catherine is clinically certified as an "Educator of Effective Communication Strategies" with the Want Institute & has been personally trained by the founder, Dr. Patricia Allen. This certification enables clients to learn the principles of communication with integrity to help individuals & organizations achieve personal/business success, enrich their personal/professional lives, & create win/win situations in all aspects of life.

***Corporate Seminar Series & Wellness Programs available:
949-455-3778 or Info@ILiveTheSource.com for more information**