

bio: **Michele Bredice Craemer**

Michele Bredice Craemer is founder of **power pack presentations** - a company which offers motivation towards healthy lifestyles. She has over 20 years of experience in the field of health and wellness, and has lectured widely on various topics including stress management, exercise motivation, positive attitudes, goal setting, and life balance. Speaking engagements include keynotes for LCWN's Daughter's Day Event and the Charlotte Hungerford Hospital Women's Health Event; as well as presentations for Bentley University Women's Leadership Institute and NW Connecticut Chamber's WOW! Women of the World forum.

Michele holds a bachelors degree in Human Development from Boston College and a masters degree in Health Science from Springfield College.

She is the author of 2 children's picture books, **Pellie Runs A Marathon** and **CoCo Loves To Tri**, and an inspirational book for girls, **GIRLS SWEAT! - life lessons through running**. Michele's books offer inspiration and promote physical activity and healthy lifestyles.