

00:06:11 JustBE's Assistant: JustBE added JustBE's Assistant to the meeting.

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00:15:46 Karen Koehler: I support outdoorsy women frustrated with their changing body, to get back on track with strength training and improving injury resistance, so they can confidently tackle their favorite activities now and for years to come. I am a personal trainer and health and life coach

<https://www.linkedin.com/in/karenkoehlersargent/>

<https://www.facebook.com/karen.sargent.77>

[bunchomomentum.com](https://bunchomomentum.com)

00:16:48 Kat Gagnon: Kat Gagnon C-IAYT | Yoga+ for Bone Health

Age with Strength and Confidence

[dreamcatcherscircle.com](https://dreamcatcherscircle.com) 780-984-0781

<https://calendly.com/katmgagnon>

<https://www.linkedin.com/in/kathleengagnon/>

00:56:29 Kat Gagnon: <https://www.facebook.com/dreamcatcherscircle55>

00:58:50 Susan Jarema | Grand Connection:

<https://www.bunchomomentum.com/assessment-and-bonus-gifts>

01:07:38 Susan Jarema | Grand Connection:  Content Creation Workshop with Kim

Thursday, 24 September · 2:00 – 4:00pm

Weekly on Thursday

Take meeting notes

Start a new document to capture notes

<https://us06web.zoom.us/meeting/register/ljW7n06FQZ-BneIGu5SyqQ>

3 guests