

INTRODUCTION OF MARCEY RADER



***Do you want to own your technology instead of letting your devices own you?
Are you ready to learn how to improve your work performance by adding health behaviors?***

If you answered yes, then you are in the right place! Marcey Rader is the founder of the **Work Well. Play More!® Institute** where they declutter your mind, body, and inbox, one habit at a time.

Her career began in health and wellness with two degrees and multiple certifications in fitness and nutrition, but she spent the bulk of her career in the corporate world in Clinical Research operations and corporate training.

Her company, the Work Well Play More Institute helps busy professionals conquer the calendar, shrink their inbox, eat for energy, and find opportunities to move. She believes you don't have to sacrifice your health and productivity to climb the ladder or build your business.

Offstage, Marcey is married to Kevin, a professional musician, and lives in Raleigh, NC where you can find her hooping blindfolded in her backyard. Really!

Please join me in welcoming Marcey Rader.

