



# Lauren Palm

Lauren (Lo) lives in Dayton, Ohio with her husband, daughter, and giant Newfoundland dog. She is a graduate of Miami University with additional certifications in personal training and religious education catechesis. Lauren is the Social Media Manager for The God Minute and creates, shares, and manages the content across The God Minute's social media platforms.

Lauren also has a love for all things wellness, and speaks to groups and organizations regarding spiritual wellness, physical wellness, mental wellness, and the balance between them. Lauren's passion is for learning, teaching, and sharing the beauty of the Catholic faith and all of its great treasures. Her true purpose is felt in being a mom.

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