Kathleen Heery RN, MS

Kathy has had a remarkable 45-year career in healthcare and aging services, where she began as an RN clinician and later transitioned to executive roles within the corporate sector. Alongside her corporate endeavors, she also delved into entrepreneurship and developed her skills as a writer. With her diverse background, Kathy brings a valuable perspective that blends clinical expertise with corporate leadership. For twenty years, she successfully ran a Geriatric Care Management and Consulting practice, utilizing her talents to make a meaningful impact in the field.

Her career took her across the nation, where she spearheaded national programs and products, translating her experiences into compelling journal articles and engaging videos. Today, Kathy generously shares her wealth of knowledge and wisdom through a vibrant online platform. Her free YouTube channel offers valuable insights, while her affordable books on Amazon cater to a wide audience. Recently, Kathy launched the Aging Legacy Project, a pioneering endeavor aimed at redefining perceptions of aging. Her latest book, "An Awakening: Clear Passage Through Life's Storms," delves into both inner and outer realities. Her upcoming
book, "Living a Purpose-Driven Aging Experience," equips readers with practical strategies for embracing positive aging.

Through local workshops and support groups, Kathy empowers individuals to break free from limiting patterns and embrace the full potential of their golden years.