

Instructor-Denise Vitola- Chosen Women's Health Action Hero

A Women's Health Action Hero is a social change agent, working to improve the health and wellbeing of women, their families, and communities! World changers! Dee is part of a select group of influential women who lead and drive the mission to help people live well, spread health, wellness and empower others to live to their full potential.

Out of thousands of women, Women's Health Magazine, chose Denise, 2 years in a row, as one of only 25 women to be a Women's Health Action Hero.