**Member SPOTLIGHT for (Month)**

**NAME:** Kim Breese

**Parish:** TBD: I am in the process of selecting a parish and have enjoyed visiting quite a few churches.

**Job/Business/Vocation:** Healing Touch Certified Practitioner

**What you should know about me:**​ My journey with [Healing Touch](https://discover.healingtouchprogram.com/htp-home) started in January 2016. Up until that point, I had a successful career in corporate America. On paper, I had it all together, but really I was miserable. I didn’t know what I was missing until my body forced me to stop and listen. There was a paradigm shift within me where I began to trust and follow what brings me joy. I discovered I feel the truest to myself when I am in service to others.

Healing Touch is an integrative health practice where practitioners use their hands to help restore balance to the body. It’s different from massage because there is little to no pressure applied and clients are fully clothed. The non-invasive techniques allow a practitioner’s hands to clear, energize and balance the human energy system to facilitate health and well-being.

Healing Touch can:

* Reduce pain
* Accelerate postoperative recovery
* Improve mobility after surgery
* Decrease anxiety, tension, and stress
* Provide symptom relief during chemotherapy and radiation therapy
* Reduce the effects of trauma, chronic pain
* Lead to shortened hospital stays
* Deepen spiritual connection
* Ease the dying process

I practice at [The Happy Hour](https://www.thehappyhournash.com/) in 12S and would like to extend 10% off a first time session for NCBWL members with the code: Kim10.

**Why I joined NCBWL:** In 2022, I was diagnosed with an aggressive form of breast cancer at the age of 42. I lead a healthy lifestyle and this diagnosis changed me at a profound level. As I moved through the experience I found my faith deepening and was reminded how God shows up every day. It’s what my mom and I affectionately coined ‘God Winks.’ I am now 100% cancer free and it doesn’t escape me that God had a hand in it.

Through a series of God Winks with Tricia Casa Santa and Sandra MacSweeney I was guided to NCBWL. To be amongst amazing business women who enjoy being of service and lean on their faith, I felt called home. My Catholic upbringing was a beautiful gift of community and I joined because it sparked that same feeling. Plus, I love Italian food so it is a win, win.