



## **Michelle Stafford, DC, CVSMT, CVMRT, CME**

Education is the most essential element of our evolving society. If I can assist others in obtaining their goals, expanding their minds, and broadening their horizons, I will succeed. One of my mottos in the gym that applies to teaching and learning is “NO CHALLENGE, NO CHANGE” I will look for more difficult endeavors and strive to conquer everyone. In teaching, I will challenge you to help you grow and learn in ways you never thought possible.

