



Kate Meek is originally from Kansas and received her Bachelor of Music in Vocal Performance alongside a dual degree in Music Education K-12 while in Nashville, TN.

On a whim, Kate moved to New York City and has made the Big Apple home for over 15 years. She is the founder of [Four Corners Creative](#), a performing arts education company based in Manhattan. She lives with her husband and three wildlings amid the mess and marvel of the city and can be found in Central Park often because ironically, she loves nature and quiet spaces.

After being diagnosed with PCOS in her early 20s, Kate experienced a journey of the ways the medical system can both harm and help individuals. Kate wanted to be involved with helping individuals with hormonal dysfunction and disordered eating find ways to break free of the destructive and pervasive diet culture and learn no foods are off limits. It takes bravery but it's possible to embrace the journey of finding strength in food freedom.

Kate is committed to offering a safe space for education and nutrition through intuitive eating and nutrition therapy. Food should be enjoyed and the emotions surrounding the table explored. Kate is currently earning her Masters of Nutrition and will have a degree in Nutrition, Dietetics and Sensory Sciences by 2024. She has her holistic nutrition coaching certificates from Cornell and the Institute of Integrative Nutrition. Kate is a current student member of the International Federation of Eating Disorder Dietitians (IFEDD), Academy of Nutrition and Dietetics (AND), EDRD Pro, Anti-Diet Dietitian Member NYC chapter and Intuitive Eating Counselor to be.

Kate is living proof that it's never too late to start something new and just to do the damn thing.