

I am a Personal Trainer, CrossFit coach, and a mother of 3 amazing and sometimes crazy children, as well as two fur babies. A military spouse for 12 years and, like so many of us, still figuring out new things about military life most days.

My family enjoys hiking, camping, and kayaking whenever they can and always try to make the best out of each PCS as well as a duty station.

I actively enjoy helping my community as much as possible and try to go out of my way to make sure the people around me feel included. I am a firm believer that everyone is just trying to find where they belong and hope that I can help as many spouses as I can find that feeling of home here at Sill.

Cass

