**Christy’s Intro**

Christy has been madly in love with her husband Byron for over a decade and is the mother of two young ladies—Gabrielle and Olivia.

In addition to working as a pharmacist and speaker, Christy also writes for her weekly blog *Thursday’s Thirst QuencHER*, which can be subscribed to at christywilliams.org.

You can find her on any given day typing at her computer, listening in amazement to the content her daughters’ latest conversation topic, or wishing there was a way for the laundry, dishes, and meal prep to be taken care of indefinitely without her ever getting up off the couch.

Let’s give a warm welcome to Dr. Christy Williams . . .