

Kate Vazquez

Faith, health, and becoming the woman God created you to be.

CHRISTIAN SPEAKER AND FUNCTIONAL MEDICINE PRACTITIONER TRAINED AS A PHYSICIAN ASSISTANT

ABOUT KATE

Kate Vazquez is a Christian speaker and functional medicine practitioner, trained as a physician assistant (PA-C) and with the Institute for Functional Medicine. She is the founder of Radiant By Design, a virtual, faith-based functional medicine practice. Through speaking, writing, and her *Radiant + Resilient* podcast, Kate encourages women to care for their bodies wisely, surrender what they cannot control, and live with a deeper understanding of their identity and purpose in Christ.



SPEAKING TOPICS

Listen. Steward. Live with Purpose.

TALK 1: LISTEN

What Is Your Body Trying to Tell You? Listening to Your Body Through Prayer

What if the next step in caring for your health isn't doing more, but learning to listen? Kate shares how prayer has become part of caring for her health, and how to grow in discernment without assuming every symptom has a spiritual explanation.

- A simple way to bring health concerns to God in prayer and ask for wisdom.
- A new perspective on symptoms as signals worth understanding.
- Practical questions to recognize when it's time to take action and when it's time to rest.

TALK 2: STEWARD

Steward, Don't Strive: Caring for Your Body Without Making It Your God

You can care deeply about your health without making it the center of your life. Kate shares how to care for our bodies from gratitude rather than fear.

- A clearer understanding of the difference between stewardship and striving.
- Encouragement to release the guilt and comparison that can surround food, exercise, and wellness.
- Freedom to care for their bodies without making health their identity.

TALK 3: LIVE WITH PURPOSE

What Is It All For? Health in Light of Eternity

Our bodies matter, but our time here is temporary, and our deepest hope was never meant to rest in our health. The question isn't simply, How healthy can I become? It's also, Who am I becoming, and how am I using the life God has given me?

- How caring for their health can serve a purpose beyond themselves.
- A reminder that their identity and hope in Christ remain secure, even when their health is uncertain.
- A renewed desire to invest in what lasts.

FORMATS

Each talk can be shaped as a keynote, a workshop, or a podcast conversation, for different groups and lengths. Kate speaks in person (she's happy to travel) and virtually.

AUDIENCES

- Women's conferences, events, and retreats.
- Church gatherings and women's ministries.
- Mom groups and faith-based women's events.
- Podcasts and interviews exploring faith, health, motherhood, and whole-person wellness.

INVITE KATE TO SPEAK

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"So whether you eat or drink, or whatever you do, do it all for the glory of God." (1 Corinthians 10:31, NLT)