

Find Your Voice

Conversations with

Dr Anika Avery-Grant

Dietitian

Preceptor

Warrior

Author

Survivor

Professor

Mother

Thinker

Motivational Speaker

Business Founder/Owner

*Strength is often found alone in the
darkness.*

Topic Categories

Nutrition, Diet and Health: Fighting
Disease with Food

My Journey of Grief and Loss

Author Discussions and
Questions and Answers

Spiritual Warfare: Finding Strength in
Times of Darkenss

Topics on Motherhood:
The Tears No One Sees

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