



Rowana Badry

Nutritionist



Rowana Badry is a fitness and health enthusiast who loves being active and playing sports. She studied nutrition and gained many certificates through CrossFit, ISSA, SHP, and Opex fitness. She later founded her own brand, Nourish, which aims to provide clients with detailed healthy recipes and customized nutritional programs.

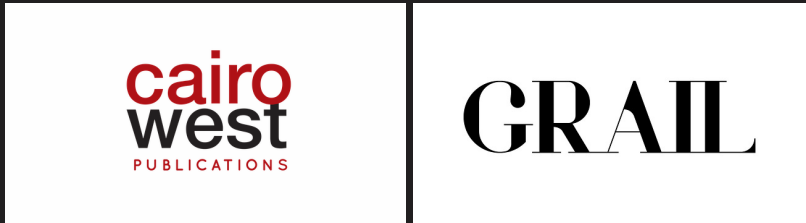
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