



dontpanicmom



Meet the Don't Panic Mom
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Welcome to Don't Panic Mom! Come into my kitchen and my community where we're making HEALTHY the new normal. I live in rural northeastern Colorado with three CHILDREN, nine chickens, and a hunky husband. Even though I have a Master's Degree in Public Health and am a Certified Health Education Specialist - I write like I'm talking to my NEXT DOOR NEIGHBOR. Because really, that's how I view the world wide web. This blog connects a community of like-minded mamas on a mission to make healthy living FUN, enjoyable, and DELICIOUS. I hate the doomsday approach to health. My posts are positive and real. I write about fitness for mom and family, school WELLNESS, & lots of easy, HEALTHY RECIPES.



838+



319+



310+



79+



49+

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SELLING SOMETHING?
I write smart, engaging reviews for products that make healthy living fun, easy, & accessible. Let's work together.

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Brand Ambassador
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