

# **DR. CATHY WENDLAND-COLBY**

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## **EDUCATION**

- Life University, Marietta, Ga.** March, 1999
- Doctor of Chiropractic
  - Cum Laude
- Life University, Marietta, Ga.** March, 1999
- Bachelors of Science in Nutrition
  - Summa Cum Laude
  - Salutatorian
- Suffolk Community College, Riverhead, NY** January, 1995
- Associates in Art
  - Cum Laude

## **LICENSE**

- Georgia, Active in Good Standing.**
- License # 7313 January, 2002
- New York, Active in Good Standing**
- License # 009621 June, 1999
- Florida, Inactive in Good Standing**
- License # 7875 December, 1999

## **WORK EXPERIENCE**

- Colby Family Chiropractic, Woodstock, Ga.** May, 2001 to Present
- Private Practice / Owner
- Life University, Marietta, Ga.** July, 2008 to Present
- Adjunct Faculty
- Woodstock Chiropractic, Woodstock, Ga.** November, 2012 to Present
- Private Practice / Owner
- Educated Pregnancy – online birth community** September, 2010 to Present
- Pregnancy Health and Wellness Expert
- Branding Your Communication - coaching program** May, 2016 to Present
- Teaching Authoritative Leadership and Speaking Skills
- L A Fitness, Roswell, GA** March, 2003 to July, 2017
- Group Fitness Instructor
- Lifetime Fitness, Roswell, GA** October, 2015 to Present
- Group Fitness Instructor
- Holly Springs Equestrian Center, Canton, Ga.** December, 2007 to April, 2018
- Owner
- Woodstock Massage Therapy, Woodstock, Ga.** February, 2006 to December, 2102
- Owner
- North Shore Family Chiropractic, Hicksville, NY** February, 2000 to January, 2002
- Private Practice / Owner
- Shreeve Chiropractic Center, Tampa, Fl.** April, 1999 to January, 2000
- Intern / Independent Contractor
- Bally's Total Fitness, Copiague, NY** November, 1988 to September, 2003
- Group Fitness Instructor
- Gold's Gym, Acworth, GA** January, 2002 to December, 2007

- Group Fitness Instructor  
Life University, Marietta, Ga.
- Group Fitness Instructor

January, 1996 to March, 1999

## ACCOMPLISHMENTS

- Board of Directors – League of Chiropractic Women
- Board of Directors – Georgia Council on Chiropractic
- Advisory Board – Life University LIFEVision Program
- Advisory Board – Life University PEAK Program
- Team Speaker – LIFEforce Doctors Program Life University
- Team Speaker – LIFEvision Seminars
- CE Presenter – Georgia Council on Chiropractic
- CE Presenter – New York Chiropractic Council
- CE Presenter – Florida Chiropractic Society
- CE Presenter – Life University Fall CE
- CE Presenter – New Beginnings
- Instructor – Life University Business Class CHPM 4611
- Contributing editor Around Town magazines  
Writing monthly columns in 4 editions since 2005
- Member - International Chiropractors Association
- Member – Georgia Council on Chiropractic
- Member – League of Chiropractic Women
- Team Chiropractor, Western Eastern Road Racing Association, Team Xtreme Racing
- Team Chiropractor, American Power Boat Association, Page Racing
- Team Chiropractor, Bally's Total Fitness Performance Team
- 2008 Toastmasters Table Topics Champion District 14
- 2008 Toastmasters International Speech Contest Division D
- 2007 Toastmasters Table Topics Champion Division D
- 2007 Toastmasters International Speech Contest Division D
- Founding Member Cherokee Toastmasters
- Founder of Woodstock Community Business Association
- Board of Directors - Woodstock Community Business Association
- Past President – Towne Lake Business Association
- Red Cross World Trade Center Ground Zero Relief Worker
- New York Chiropractic Council WTC Relief Efforts Volunteer
- Appearance in Muscle and Fitness Magazine - December 2001
- Appearance in Muscle and Fitness Magazine's "Health Care Hard Bodies" issue - September, 2001
- Member of Physician's and Surgeon's Lodge, Fraternal Order of Police
- Member of Bally Total Fitness Performance Team
- Presenter for Bally Fitness Plus Programming
- Guest Speaker on several New York and Georgia Radio Shows
- Conduct seminars on health, nutrition, fitness and stress management
- Teach group exercise on a corporate level
- Developed Health and Fitness classes for pregnant women's home  
Alpha House, Tampa, Fl.
- Volunteer as Labor and Delivery Coach - Alpha House, Tampa, Fl.
- Volunteer at pregnant women's homes teaching health and fitness

- Lead instructor Run For Life Warm Up 1996 and 1997, Marietta, Ga.
- Coordinator of “Jammin’ With The Jets” to benefit American Lung Association
- Nationally ranked fitness competitor – Ms. Fitness competitions

## **SPEAKING ENGAGEMENTS**

- Cal Jam – 2014, 2016, 2017
- ChiroFest – 2014, 2015, 2017
- LIFEVision Atlanta – 2013 – 2018
- LIFVision Roma – 2015, 2017
- LIFEVision Canada – 2017
- Edinburgh Lectures – 2014, 2016
- Axiom – 2017
- Blue Cow Summit - 2018
- New York Chiropractic Council
- Florida Chiropractic Society
- Georgia Council on Chiropractic
- New Beginnings – 2013, 2015, 2016, 2018
- Life University Fall CE – 2013 - 2018

## **CERTIFICATIONS**

- ACE Personal Trainer
- AFAA - STEP Reebok Professional Instructor
- American Red Cross First Responder
- American Red Cross CPR
- New York Chiropractic College Adjunctive Physiotherapy
- Chiropractic BioPhysics Technique
- American Chiropractic Association ADD / ADHD Specialist
- Bio, Chemical and Nuclear Terrorism Preparedness – NYP&SL, FOP

## **HOBBIES**

- Being the best Mommy I can be to Anthony and Alessia
- All forms of Exercise
- Travel
- Horse Back Riding
- Four Wheeling
- Cross Training
- Writing
- Public Speaking
- Gardening
- Mentoring Fledgling ChiropracTORS

**References Available Upon Request**