

# SPEAKER



## Joy Watts

Joy Watts is the founder of AWG Fitness and Aging with Grace Fitness LLC. (strength and lifestyle coach).

Joy is also a health and fitness coach and founder of the AWG Fitness app - a faith-driven strength training app that helps women build sustainable strength and healthy habits.

She is passionate about teaching women to approach health with discipline, clarity, and purpose so they can fully show up for the lives they are called to live.