

# Ruth McGinnis

## Introduction for Speaking Event

Ruth McGinnis is an author, Juilliard trained violinist and wellness professional who speaks from both personal and professional experience on topics of well-being, life meaning, and balance.

She has authored *Breathing Freely*, a critically acclaimed memoir, and *Living the Good Life*, a guide to well-being based on her many years of experience as a personal trainer.

Ruth is also a classical/crossover recording artist who has performed and recorded with Amy Grant, Michael W. Smith, Vince Gill and the late John Hartford. Her collection of enchanting instrumental recordings feature Celtic, folk, sacred and classical melodies.

Please welcome Ruth McGinnis.