

775.827.3777

**LuAnne Steininger***Spiritual Therapist*

LuAnne is a licensed practitioner at Lakeside Community Church, A Center for Spiritual Living. She provides one-on-one spiritual counseling, revealing Divine Truths based in spiritual principles. She is a natural teacher and life-long student.

LuAnne moved from Colorado to Reno in 1981 with her husband and 2 children. She received her B.S. degree in Health Education in 1989 from the University of Nevada, Reno where she now teaches fitness classes for seniors and is the Wellness Coordinator at the Sanford Center for Aging.

In March 2007, LuAnne completed master training at the Stanford University Patient Education Research Center in Palo Alto. She offers an evidenced-based program, "Adding Life to Years: Self Managing Chronic Conditions" through the Sanford Center at the UNR campus. It's all about self-management techniques to live productively and live well with chronic conditions.

LuAnne likes to hike, garden, dance and read. She has one grandchild with a second on the way and has been married to the same fabulous husband for 41 years. She brings experience, wisdom, compassion and joy to healing.