



**Julie Shifman, Founder of Act Three**

Julie Shifman founded Act Three to help women returning to the work force after raising their children. Act Three helps women determine their passions and pursue their dreams. They do so by providing individual coaching, workshops (the next Back to Work Workshops are September 8 and 15) and a monthly group coaching/networking session on the first Thursday of the month.

Julie is very excited to be involved with the Lady Distance Classic and help support the goal of helping women lead healthier lives. She believes that women are great at motivating each other to reach their goals.

Julie is very passionate about staying healthy and keeping in shape. She likes to do many different activities that keep her healthy and so she never gets bored. Julie enjoys to bike/spin, swimming, running and dancing every week. Also, she is the mother of four sons so that has always kept her running!

For more information on Julie or Act Three, please visit [www.actthree.com](http://www.actthree.com).