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# Meet your Nurse Practitioner

## Katelin Super

Katelin strives to create trusting partnerships with her clients so your life experience is rewarding, fulfilling, and in line with your personal values and goals. She believes in giving seniors a voice in how they want their care delivered, shifting the focus from managing illness to achieving wellness and independence. Throughout her 10 years as a nurse, Katelin has learned that engaging people in goal-setting, education, advocacy, and strong communication, instead of telling them what needs to be done, is how she gets the best health outcomes for you. Empowering seniors to take control of their own health is her spark.

Passionate about integrative health and finding natural and holistic ways to meet health goals by incorporating all elements of wellbeing, Katelin is excited to be part of Lifesprk and deliver a new approach to senior care focused on the whole person. To her Lifesprk is the innovative model seniors need to live the healthiest, most independent life possible (we call that living a sparked life).

When Katelin is not busy sparking lives, you'll find her on the open road riding her motorcycle, camping, or hiking. She practices what she preaches – life is full of adventure and nothing holds her back from enjoying it, instilling that mindset in the clients she serves.

### Katelin's Professional Experience:

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*Community Nurse Practitioner, Medica  
Emergency and Cardiovascular Nurse,  
Allina-Unity Hospital*



### PERSONAL INTERESTS

Running, hiking, camping, motorcycle rides, yoga, reading, snowboarding, anything active.

### CONTACT INFO

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