



# Motherhood & BEYOND



## ABOUT ME

Hi, I'm Lauren! I am a Colorado native, mom of 3 incredible kiddos and wife to an amazing husband. I love family, the outdoors, writing, travel, and cocktails. With a teen to a kinder-kid, owning our own business and full schedules, we are almost always busy, but family comes first and we love finding time for travels and everyday adventures.

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## *About my blog*

MOTHERHOOD &  
BEYOND

Motherhood & Beyond ([www.motherhoodandbeyond.com](http://www.motherhoodandbeyond.com)) just celebrated its 5th anniversary! With life, love and family at its core, we share everything from trips to recipes and sometimes just good ol' family fun. We've worked with many incredible brands and destinations (Such as: Disney, Mazda, Marriott and more,) creating valuable posts and social media shares for both the companies we work with and our followers. Visit our PR page for brand examples and feel free to ask about services and rates.