

HELPING OTHERS HOME CARE LLC

— REFERRAL NETWORK PROFESSIONAL —

Stronger People. Brighter Days. A More Connected Community.



MEGHAN BOYD KELLY

Owner, Cazenovia Community Fitness

Fitness Professional • Personal Trainer • Active Aging Support

Meet Meghan Boyd Kelly

I'm a fitness professional with over two decades of experience, including 13 years as a personal trainer. Over the years, I found my true calling in supporting Active Agers as they navigate health challenges and life transitions.

I firmly believe that movement is medicine. My goal is to meet you exactly where you are—whether that means starting from scratch, building strength, or safeguarding your independent lifestyle. I feel incredibly lucky to do this work and can't wait to help you reach your next milestone.



Personalized One-on-One In-Home Fitness Plans

MOVE WELL | STAY STRONG | LIVE INDEPENDENTLY



Interested in Meghan Boyd Kelly's services?

Request a direct referral at

HelpingOthersServices.org