



GET TO KNOW YOUR THERAPIST

ASHLEY YOUNG

Occupational Therapist, MOT, OTR/L

Ashley earned her B.A. in Exercise and Sport Science, Minor in Education at The University of North Carolina Chapel Hill, May 2021 and her Master of Occupational Therapy at Tennessee Wesleyan University in Knoxville in August 2023.

Ashley enjoys exercising and playing with her fur baby, Chicken Nugget.

Her favorite quote is *“Today you are you, that is truer than true. There is no one alive that is youer than you.”* Dr. Seuss



A JOURNEY OF HOPE AND HEALING