

HILARY PHELPS

Born and raised in Baltimore, MD, Hilary is the oldest of the Phelps' children.

In her role as a publicist, Hilary works with brands and people who are making a positive impact in the world, primarily in the health, wellness and addiction recovery space. In 2022, Hilary publicly shared her story of healing and sobriety for the first time. Since then, she has been driven to help and empower others by sharing her addiction recovery journey.

Hilary is a speaker, an addiction recovery advocate and a holistic wellness coach. Her mission and purpose is to help other women find their voice and heal from anything that is holding them back from finding their purpose. Hilary lives in Arlington, Virginia with her son.

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