

## SMART CHOICES FOR WELLNESS



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*“Excellent information,  
interesting and compelling”*

—Pam Patton  
Manager, AOL

*We are the first generation of people to ever be exposed on a daily basis to such an unprecedented number of chemicals. At no other time have people, through reading and education, had such an important and crucial role in determining their own wellness.*

— Dr. Sherry A. Rogers  
American College of Allergy and Immunology



Our world has changed. We're now bombarded daily with environmental impurities which we're ingesting, inhaling, and absorbing into our bodies at a rapid rate. Additionally, our nutritionally bankrupt foods containing additives, preservatives, pesticides, hormones, antibiotics and other chemicals—all compounded by the effects of stress—are detrimental to people of all ages with serious impact upon their health destinies.

Supporting quality of life, wellness and well-being is a top priority for all life pursuits. Sandra's presentation will offer wellness wisdom for those who are:

- ⌘ Alarmed over mounting headlines about increasing toxic impact and connection to health issues
- ⌘ Concerned about what's happening to the quality of our food, air, and water
- ⌘ Wanting to feel more energized—with more gusto!
- ⌘ Wondering how to feel more focused, improve sleep, lose weight and feel great!
- ⌘ Exploring choices to enhance wellness



*Sandy is a fabulous role model; she is encouraging, upbeat and informative. Her energy and enthusiasm is contagious. We appreciated her message and participant feedback was excellent. We will definitely invite Sandy back again!*

—June Turner  
Environmental Protection Agency, Washington, D.C.

Sandra Strauss, a Wellness Coach and author of several books, helps people ignite purpose and passion in all their life pursuits. Her mission is to encourage winning choices for work, life and wellness. Sandra advocates smart choices for maximizing wellness at a time when nutritional deficiencies, toxicity, obesity, and stress are taking a dramatic toll on health destinies.