

Need a dynamic speaker *everybody* can benefit from hearing?



KELLY HAYFORD, M.A., C.N.C. ~  
Award-winning Author, Speaker & Healthy Lifestyle Educator

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Kelly Hayford is a dynamic speaker, award-winning author and healthy lifestyle educator. As a former junk food junkie turned nutrition and health coach, Kelly has helped thousands restore their health, energy and natural weight. She provides keynote addresses, corporate wellness programs, seminars and is a frequent guest on health-oriented radio programs. In addition, her articles have appeared in local and national publications, including *Today's Chiropractic* and *Healthkeepers* magazine.

Kelly's new book, *If It's Not Food, Don't Eat It!--The No-Nonsense Guide to an Eating-for-Health Lifestyle*, was named best health and fitness book of 2005 by the Colorado Independent Publisher's Association.

(NOTE: *The following presentations may be modified to suit your needs.*)



### PREMIERE PRESENTATION

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- If It's Not Food, Don't Eat It! ~  
*A No-Nonsense Approach to Creating a Healthier Eating Lifestyle*

In the face of our poor quality popular food culture, this interactive talk will equip you with new perceptions, powerful motivation and practical tools to help you and your family develop a healthier eating lifestyle so you can look, feel and be your best.



### OTHER POPULAR TITLES

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- Smart People Eat Well, Or at Least They'd Like To!: *Overcoming Obstacles to Healthy Eating*
- Increasing Your Energy, Clarity & Productivity: *With Power Foods & Natural Supplements*
- Finding & Maintaining Your Natural Weight: *A Holistic Approach To Weight Loss & Health Gain*
- Overcoming Food Cravings & Addictions: *Proven Strategies for Bringing Balance to Your Diet*
- Cold & Flu Busters: *Staying Well All Year Round*



### PARTIAL CLIENT LIST

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Following is a sample listing of those who have previously hosted Kelly's programs or presentations:

- Naropa University
- Longmont United Hospital's Wisdom of Women Conference
- Modesto Bee Women's Conference
- Corporations: Amgen, Bank One, Maxtor, Case Logic and more



### CONTACT

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