



Jill Edwards

Health & Wellness Speaker

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Wow. Jill's energy and enthusiasm during her presentation kept the audience engaged and looking for more.

*-PCNA
Conference Participant*



Sample Topics

9 Strategies for Positive Aging

Our genes are not our destiny. Aging can bring sickness, disease, and suffering—or it can bring continued health, deeper fulfillment, and renewed vigor. Learn about the power of lifestyle on the aging process.

Exercise & Mental Health

Evidence has suggested that exercise may be an often-neglected intervention in mental health care. Learn how physical activity reduces anxiety and depression and improves self-esteem and cognitive function.

The Skinny on Gut Health

Each person has a unique microbiome—a particular combination and quantity of microorganisms. Learn about the relationship between an individual's microbiome and obesity, fluctuating mood, and IBS.

Bio

Jill, DipACLM, is a health and wellness educator with over 25 years of experience in nonprofit leadership, eLearning, and corporate and clinical education. It is her mission to educate and empower people with knowledge about the power of lifestyle changes to improve personal and global health.

As seen in:



Offerings and rates

1 hour workshop

In-Person or Virtual including presentation preparation

\$ 250 - \$ 500

Keynote address

Principal presentation or speech that introduces an event

\$ 500 - \$ 1000

Half day seminar

3-5 hrs of learner-centered education and practical application

\$ 1000 - \$ 2000

Full day seminar

6-8 hrs of learner-centered education and practical application

\$ 2000 - \$ 4000