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 **Nutrition Coaching...**
**"because life can
 get in the way of
 the best intentions."**



Public Speaking

Your Nutrition Coach speaks out

Bring nutrition to life at your next event!

for your meetings, conventions or client appreciation events.

In demand as a popular public speaker, Ramona keeps audiences captivated as she reveals just what it takes to reach their nutrition and weight goals, and develop their personal Turning Points Plan . . . *even when life gets in the way of the best intentions.*



She has brought nutrition to life in medical, public and corporate environments, touching the lives of thousands of Canadians, and attracting extensive media coverage.

Popular Topics

- Nutrition on the Run
- Weight Woes
- The Executive on the Run
- Genes or lifestyle?
- Managing Menopause

"To say that Ramona Josephson is an engaging and informative speaker tells only the half of it. Who else could keep a room full of people - women and men, a wide age span, disparate body types and appetites - so completely engrossed for hours? We clamoured for more."

Patti McLaughlin

BC Teachers' Federation

"The feedback I've had from my clients has been unbelievable. They all raved about Ramona's presentation. Several have even lost weight. This event was a wonderful way of showing my clients that I really care about them"

SK, Investors Group

"Highly developed presentation skills, smooth and seemingly effortless, Ramona distills information into such practical terms that it's well understood by everyone."

SM, Simon Fraser Health Region

