

Inspiring hope through
MINDFUL HEALTH
and a
MEANINGFUL LIFE

You are not alone.



Barbara B. Appelbaum
ACC, MBA, MAT
*Motivational speaker, author of
Live in Wellness Now,
and person living with MS*

Barb's Philosophy

In the blink of an eye, everything can change. By combining healthy living, spirituality, and neuroscience principles, I help people understand how to be proactive in their health care so they can feel great in their body and in their life. My greatest wish is to never hear a person say, "I should be taking better care of myself."

Be Present | Be Purposeful | Be Well



**Keynote | Seminars | Workshops
Breakout Sessions | Lunch & Learns**

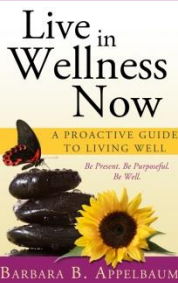
Be the Superhero of Your Own Story

Look & Feel Younger Longer

Step Into Your Zen

Nutrition: It's Not Just What You Eat

*This is a sample of offerings.
Customized keynote and workshop topics & formats available.*



A FEW OF BARBARA'S CLIENTS
*Alternative Medicine Integration Group, L.P.
Canyon Ranch Health Resort and Spa
Greater Oro Valley Chamber of Commerce
Highland Park Chamber of Commerce
iPEC Coach Community
National Multiple Sclerosis Society
Two Bunch Palms Resort & Spa*

It was nothing less than mind blowing what I walked away with. If you are looking for a wellness expert, stop now. Barb is your woman - Katie

You are truly an inspiration to all those who are faced with an event that is "governed" by "We plan God laughs." Thank you for including Canyon Ranch in your journey. - Jerrold Cohen, Vice Chairman and CEO, Canyon Ranch

Barbara is a true professional. Knowledgeable, hardworking, and will provide a tremendous program for you. - Ernest Wang, MD

Barbara spoke on her book & the 'Healing Power of Faith.' She had us laughing, crying, learning, and spellbound; she is among the finest speakers & most inspiring teachers I've ever experienced. - Rabbi Douglas Goldhamer PhD



**To learn more, schedule an interview or speaking engagement,
email info@appelbaumwellness.com
or call 847-236-1330
www.appelbaumwellness.com**