

# APPELBAUM

WELLNESS

**SPEAKER | AUTHOR | COACH**

Find Your Healthy Balance of  
Body, Mind and Spirit  
*Live Well with Chronic Dis-ease*



**Barbara B. Appelbaum**

PCC, MBA, MAT

Speaker, Author, Coach,  
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 Your Own Superhero**

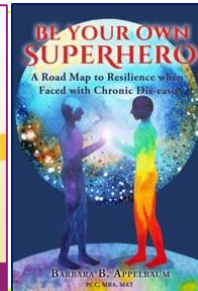
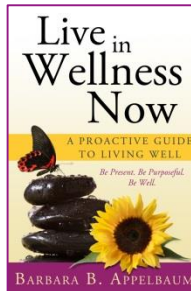
**Look & Feel Younger Longer**

**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

Canyon Ranch Health Resort and Spa  
Greater Oro Valley Chamber of Commerce  
Highland Park Chamber of Commerce  
iPEC Coach Community  
National Multiple Sclerosis Society  
Northwestern Medical Faculty Foundation  
Two Bunch Palms Resort & Spa

**I highly recommend Barbara as a speaker for any organization, club or group of individuals who are interested in health of body, mind and soul.**

**She gives practical, common-sense tips on healthy living plus shares her inspirational personal journey. Barbara's presentation is simply amazing!** - Yolanda Treiguts, Leader, National MS Society South Cook Self-Help Group

**As an expert in wellness coaching, her material is filled with tips, ideas and techniques for coaches to use personally and professionally. Barb's style is warm and inviting; her personal story an inspiration to all. She is an informative, upbeat presenter in the area of wellness!** - Karen, ICF-Wisconsin Chapter

**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 Goldbamer PhD

To learn more, schedule an interview or speaking engagement,  
email [info@appelbaumwellness.com](mailto:info@appelbaumwellness.com) or call 847-236-1330  
[www.appelbaumwellness.com](http://www.appelbaumwellness.com)