

ALICIA TAYLOR WELLNESS

Wellness Speaking & Workshops

Practical, approachable conversations about health and wellness

Looking for a speaker for your group, organization, workplace, community event, or retreat? I offer engaging wellness talks designed to make health information understandable, realistic, and useful in everyday life.

TOPICS MAY INCLUDE

- Healthy aging & wellness after 50
- Strength, movement, mobility & balance
- Building sustainable healthy habits
- Sleep & recovery
- Stress management & mindfulness
- Bone health
- Heart health
- Nutrition & everyday wellness
- Mindset, behavior change & motivation
- Yoga, breathwork & mindful movement

TAILORED TO YOUR AUDIENCE

Presentations can be adapted to the needs, interests, and experience of your group. Whether you are looking for a short educational talk, an interactive workshop, or a wellness-focused session for a special event, we can create something that fits.

ABOUT ALICIA

Alicia Taylor | National Board Certified Health & Wellness Coach • Certified Personal Trainer • RYT-200 Yoga Teacher

LET'S TALK ABOUT YOUR EVENT

Have a wellness topic in mind - or not sure what would be the best fit? Reach out and we can talk about your audience, your event, and what would be most useful.