

Jan Tilley

SPEAKER · AUTHOR · DIETITIAN

President and CEO of JTA Wellness



Steps to Lifelong Wellness

Jan will connect with your audience in her signature style using a practical, motivational approach to wellness. Here are three topics she loves to share:

Live Well to Be Well – Using powerful personal affirmations combined with actionable, practical tools to take charge of health, Jan inspires audiences to make wise choices in how they eat, sleep, exercise and manage stress.

7 Steps to Wellness – Through the power of story-telling, Jan makes the steps to wellness come alive in this engaging, entertaining guide to improving health, energy and productivity.

5 Secrets to Living Better Longer – Many are looking for how to avoid chronic disease and improve health for the second half of life. In this presentation, Jan guides listeners to use healthy behaviors in how they eat, exercise, sleep and manage stress to find their personal path to a long, healthy, happy life.



Jan Tilley, President and CEO of JTA Wellness, is a registered dietitian, wellness expert, culinary specialist and a national leader in nutrition counseling for improved wellness and chronic disease management. Holding an MS in Nutrition, Jan has over 20 years of experience in the nutrition industry and has run her private practice for over 10 years. Jan works with patients, companies and business leaders to promote the benefits of wellness. Jan brings insight and common sense to the challenging pursuit of wellness which dramatically impacts our ability to perform at a high level.

Wellness is good business!

Jan's books are available on Jan's website, Amazon, Barnes & Noble and your local bookstore.



WELLNESS

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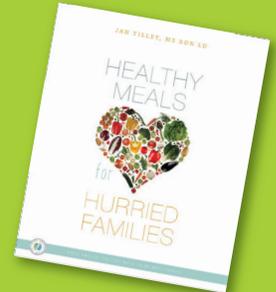
Follow us on social media!

*To invite Jan to speak: Call 210-545-4422
or email jan@jtawellness.com*

Jan's Books

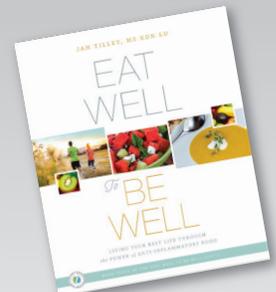


Getting Your Second Wind



Healthy Meals for Hurried Families

Praise for
Eat Well to Be Well



"It is my hope that Jan's book will help others seamlessly weave the anti-inflammatory lifestyle into their busy lives."

– Barbara Bush, First Lady of the United States, 1989-1993

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How Jan Can Help You

Jan and her staff at JTA Wellness offer a variety of expertise in helping you promote wellness with your clients and employees. Jan also serves as a subject matter expert and media spokesperson for a variety of companies and organizations in the food and beverage industry.

WELLNESS EVENTS:

May include the following:

- Jan will deliver a power-packed wellness presentation
- Work with you to design, print and mail compliance-approved invitation
- Plan and Coordinate meal or healthy snacks with venue chef
- Signed Eat Well to Be Well book to each attendee
- Coaching for executive team pre- or post-event
- “Fireside Chat” Q&A hosted by Jan and select company leader

WELLNESS COACHING:

- Individual sessions via onsite, phone or Skype
- Sessions are typically covered at 100% by most insurance
- All sessions (in person and virtual) are HIPAA compliant
- Access to JTA weekly newsletter with healthy recipe and inspiration and the JTA website with videos, recipes & more!

SPOKESPERSON/SUBJECT MATTER EXPERT:

- Review of research and development of key messaging
- Production of educational materials and videos
- Media resource for communicating health messaging
- Educational resource/speaking to doctors, policy makers and trade associations

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email jan@jtawellness.com



WELLNESS

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“I recommend Jan’s book and suggest others experience her ideas by applying them to their wellness plan. I do!”

– Ed Whitacre,
Chairman Emeritus, AT&T
Former Chairman & CEO,
General Motors