



Ta-Wanda Wilson

Holistic Practitioner | Speaker | Wellness Educator

Founding CEO of RealWellness LLC,
Certified Holistic Health Practitioner + Wellness
Educator, Board Certified Clinical Chiropractic
Assistant, Certified Radiologist Technologist

Over 25 years' experience
"Don't just feel better - heal better"

***Do you want your audience excited, interacting,
and wanting more?***

Ta-Wanda Wilson

is a best selling author, speaker, and founder of RealWellness LLC. With over 25 years of experience in holistic health and wellness, Ta-Wanda has worked with thousands of clients across the globe. She started by first transitioning her own lifestyle, and then her families' by using a holistic and functional medicine approach.

Via word of mouth, Ta-Wanda independently grew her private practice, attracting clients in not only other states, but other countries.

Ta-Wanda is an expert at helping people understand exactly how they can improve their health, using the 8 Essential Lifestyle Functions (8 ELF's). When the body lacks any of the 8 ELF's it can lead to issues that drastically alter the overall health status.

Ta-Wanda delivers interactive workshops that inspire audiences to take positive actions to rebuild, repair, recover and reduce chronic health issues. She constantly leaves audiences asking for more, even after a 2 hour workshop.



By having someone who can cut through all the confusion and mis-education that we receive about health, your attendees will leave your event with the tools needed to take back their health!

Allow Ta-Wanda to equip your audience with the information and confidence they need to naturally improve their health, and fall in love with the process of taking care of themselves long-term.

"I love Ms. Wilson's passion and energy. My training is in health and wellness and I've learned so much from Ms. Wilson."

- Barbara Pullen Smith

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• EDUCATE • EMPOWER • INSPIRE

WORKSHOPS, CONFERENCES AND BREAKOUTS

Our interactive workshops are designed to get attendees engaged to take immediate positive action steps toward improving their current health status.

Let us help bridge the gap between where they are and where they want to be. We will get the ball rolling before they leave the event.

Ta-Wanda's presentations can be tailored to meet client-specific topics

EVENT TOPICS INCLUDE:

Our Path To Wellness

It is time to make lifestyle changes, but there is so much uncertainty as to where to start. With information OVERLOAD, of "tgc diets, dbob fads and quick fix" tc^s H'a^m" c aonduslmf ^nb ungc ^kgy 'Oc ^m' wg^t'truc gc^kgl ls ^nb wg^t'to bo to lmprovvc your gc^kgl naturally.

"8 Essential Lifestyle Functions That Promote Health

The essentials are key components to health, when the body lacks any of them it can lead to issues such as high blood pressure, diabetes, cancer, digestive issue and other chronic health problems.

"Your Health Is Your Business"

Late nights, food on the go, deadlines, and the stress of building and running a business leaves entrepreneurs up fatigued and with poor health. It's time to make your health your business and create balance.

Exercise, Sleep, Hormones and Your Health

Sleep and exercise smarter than ever. Learn how sleep impacts your health and how to much exercise is not good for you. Implement sleep habits that heal.

For more information about booking Ta-Wanda Wilson for conferences, workshops, breakouts and other presentations for groups, companies, and organizations, connect with us at support@realwellnesscorp.com

