



# Wendy Bader M.S.

## Brain Health Expert

Speaker | Workshop Leader | Part-time Rebel!

*Inspiring you to maximize your brain's power and performance*



### Meet Wendy

Wendy is a brain health expert and the creator of Brain Power Breakthrough seminars and workshops. She inspires her audiences to optimize their brain health and lead the happy, healthy life they deserve. The secret is maximizing your brain's power and performance through some simple, but powerful lifestyle strategies that will revitalize your overall health and well-being.

During Wendy's presentations, you will discover those secret weapons to boost your focus, mental sharpness and productivity- so you can think faster, work smarter, and have more energy (and fun!) in your professional and personal life. Wendy's powerful healthy lifestyle strategies will optimize your body and brain and inspire you to be your best healthiest self.

Audiences love Wendy's humor and honesty. They leave feeling energized, educated, and empowered to immediately apply what they have learned in their daily lives.

Wendy received her Bachelor's and Master's degree in Nutrition Science from Arizona State University and has been a faculty associate at ASU. She is the owner of Bader Nutrition and is on the speaker's bureau for the Phoenix chapter of the Alzheimer's Association. She was born and raised in Phoenix, and currently lives in Gilbert, Arizona.

Today, as a brain health expert, Wendy has merged all of her knowledge and experience into a powerful solution to help smart successful people (like you!) to optimize your brain so you can be laser focused, think quicker, and to keep your energy and mood up throughout the day.

If you are interested in a Brain Power Breakthrough presentation, workshop, or seminar for your business or organization, please don't hesitate to contact Wendy through her website [Badernutrition.com](http://Badernutrition.com) or email her at [Wendy@BaderNutrition.com](mailto:Wendy@BaderNutrition.com). She would love to connect with you on LinkedIn and on Twitter (@BaderNutrition)