



Wendy Bader M.S.

Brain Health Expert

Health & Wellness Leader | Speaker | Part-time Rebel!
Inspiring you to maximize your brain's power and performance



Meet Wendy

Wendy Bader is a brain health expert and creator of ***Brain Power Breakthrough*** seminars and workshops. Her innovative presentations are designed specifically for businesses and organizations to inspire their employees, members and clients to optimize their brain's power and performance to:

- Stay mentally and physically sharp
- Strengthen their competitive edge
- Improve sleep, mood, & stress management while decreasing burnout
- Decrease the risk of Alzheimer's Disease and other dementias
- Maximize performance, engagement, and resilience

Having the knowledge and tools to develop a peak-performing brain will give you and your team the confidence and motivation to **reach your brilliant potential**, and have extraordinary impact in your work, community, and relationships!

Wendy teaches the whole lifestyle approach to brain health by sharing many powerful, actionable lifestyle strategies and cool brain health hacks!

Wendy earned her 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 LLC, creator of ***Brain Power Breakthrough***, and is on the speaker's bureau for the Phoenix chapter of the Alzheimer's Association.

Wendy also has a business degree and worked in the corporate and non-profit sectors before becoming a nutritionist. During her corporate career, she vividly remembers struggling with focus and concentration due to stress, poor diet, and the lack of sleep and exercise.

Today, as a brain health expert, Wendy has merged all of her knowledge and experience to help smart, successful people optimize their health so they can have sharper thinking, laser focus, and the vibrantly healthy, happy life they deserve.

Contact Wendy for your next meeting, training, or event. Your employees, members, and clients will thank you for an amazing meeting, and leave energized and empowered to be their best healthiest self!