

Wendy Bader M.S.

Brain Health Expert

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



Signature Topic

Brain Power Breakthrough!

Powerful lifestyle strategies to boost focus, mental sharpness, and performance



**Be Laser-Focused.
Feel Great.
Enjoy Life!**

Discover the secret weapons to develop a peak-performing brain so you and your team will reach your brilliant potential in your work, community, and relationships.

During Wendy's innovative seminars and workshops, you and your team will learn:

- The ultimate foods for sharper thinking
- The best physical activities for brain health (even if you hate exercise!)
- Wendy's 10-Minute Brain Boost to instantly (and naturally) improve focus and energy
- How to conquer food cravings, brain fog and afternoon slump
- Wendy's Good Mood Prescription for excellent mood and mental-well being
- Must-know tips & tricks for better sleep
- Normal and abnormal changes to the brain, thinking and memory at all ages
- Lots of Brain Health Hacks - and much more!

Meet Wendy

- Stay mentally and physically sharp.
- Strengthen your competitive edge.
- Maximize performance, engagement, resilience and potential while decreasing burnout.
- Decrease the risk of Alzheimer's and other dementias.

-- Whatever your goals are, Wendy's workshops will inspire your employees, members and clients to optimize their brain's power and performance.

Wendy earned her Master's degree in Nutrition Science from Arizona State University and has been a faculty associate at ASU. She is the creator of Brain Power Breakthrough, and is on the speaker's bureau for the Phoenix chapter of the Alzheimer's Association.

Audiences love Wendy's humor and honesty. They leave feeling energized and empowered to lead the happy, healthy life they deserve!

Wendy would be honored and excited to speak at your next meeting or event, so contact her today!



"Wendy is entertaining, funny, and engages the group. I think she would be highly effective for any group that she spoke to." - Carol Sdun

"Very educational and helpful. I find my husband and myself falling into dangerous behaviors. Wendy's presentation was the push I need to make changes in our lifestyle. Thank you Wendy!" - Cyndi C.

"Wendy Bader has a holistic approach to presenting information on brain health. She offers 'Wendy's words of wisdom' throughout her presentation, along with sensible solutions backed by scientific evidence. I would love to have another opportunity to hear her speak." - La Verne Abe Harris, Ph.D.