

# Kelly

BONANNO



I'm a wellness warrior and eco advocate with over a decade as an eco wellness educator helping women break free from dieting, increase energy, and manage stress with my signature program, The Body Harmony Method! I also help businesses reduce sick days and burnout while increasing productivity, focus, and morale with my Corporate Wellness Programs & Workshops.

Holistic Health & Life Coach  
Awakening Dynamics &  
Green Business Certified

## CONTACT KELLY

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You have more control over  
your health & longevity  
than you realize!

Eco Lifestyle & Wellness Coach  
Speaker | Clean Beauty Scene Podcast Host

## SPEAKING TOPICS

- Nutrition For Optimal Energy & Healthy Weight
- Sugar Smackdown: Kick The Habit
- Sleep More To Stress Less
- Introduction To Intermittent Fasting
- Eco Friendly Living Made Easy
- 10 Steps to Easy Self-Care & Stress Management
- Building Resilience In Unstable Times

## CLIENT REVIEWS

"You were amazing and gave us all so much great information. I've received so much positive responses from the event. I truly can't thank you enough"  
~Cassy Niehaus, mother of 2

"Another successful webinar is in the books! Each session is a treasure unto itself. I learn so much from each session that I can apply in my own life. I loved the feedback and interaction we had from our attendees. It's really rewarding to see how much they enjoy and get from the content as well. Thank you for sharing your wealth of knowledge and expertise with us! We are so much better for it!" ~Kunta Evans, Regional Business Development Manager, Vitu

"I found value in her application of the endocrine system because it emphasized just how these chemicals can be dangerous to our bodies." ~Shannon Ellis, Pediatric ICU Nurse

"Even if you think you are a well-informed, up to date or a life long health and wellness zealot you will learn something new and informative from Kelly." ~Eva Schulz, Creative Director/Writer/Producer

"You are the most amazing speaker, it's your calling. You're a natural... the passion and message just flow. Beautiful, powerful, articulate." ~Tamra Glaser, CEO, College Audition Mentors



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