



THE ART OF *Living Well* PODCAST®

ABOUT

Stephanie and Marnie have poured their hearts, minds and souls into creating The Art of Living Well Podcast® to empower you to live your happiest, healthiest and most authentic life. They are passionate about helping others to challenge the status quo to live their most fulfilling life. Each week they bring you inspiring and motivating conversations covering health and wellness topics including nutrition, movement, mindset, adventure, innovative products and strategies from a variety of experts including their own experiences.

Marnie and Stephanie are Board Certified Integrative Health Practitioners and Holistic Health and Wellness Coaches. They empower busy women and teens to transform their health through nutrition and lifestyle by creating sustainable habits for life. Their passion for helping people make real changes so that they can thrive, feel their best, and live their best lives comes through in each episode. Marnie and Stephanie are on a mission to help others find their *art of living well*.

SIGNATURE TOPICS (PODCAST, WORKSHOP, TALKS)

For the past 5 + years, Marnie and Stephanie have led discussions, trainings and workshops around many topics pertaining to health and wellness focused on the mind, body and spirit. Whether for a podcast interview, a corporate event or a more intimate gathering, Marnie and Stephanie have a wide range of topics that can be tailored to meet the interests of your community.

- 10 Ways to Have a Healthy Relationship with Sugar
- Meal prep and planning 101
- Incorporating routines into your daily life
- Detoxify your life one step at a time
- How to build a strong immune system
- Stress less, sleep more

WORKSHOPS & PROGRAMS

- 7 or 14 Day Functional Medicine Detox (quarterly)
- "Thrive During the Holidays" program
- Health Transformation Audit Podcast Episodes



TESTIMONIALS

"Marnie and Stephanie were with us the whole way providing positive support for the entire group and for each of us individually. I never felt alone on this journey and very much enjoyed the team spirit they brought each day." - Alan

"Stephanie & Marnie present a rich, down-to-earth wellness podcast full of inspiring guests, relatable topics, and lots of laughter. I love that they are open, sharing, and excited to bring the best of modern wellness to the listener who wants a dose of healthy tips, stories, and knowledge." Yogini tanya b

"These women know how to live well! The content and ideas they share between themselves and the experts they bring in is relevant, easily understood and accessible. I also love that they keep it simple, share their own life experiences and what works, and challenge the audience with accountability and a task at the close of each podcast!" - JG

CONNECT WITH US

For PR inquiries, partnerships or collaborations

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SAMPLE QUESTIONS

- What is sugar and how does it affect the body?
- How can you use food as medicine?
- How can you build meal prep and planning into your busy week?
- What is a functional medicine detox and how can it help you thrive?
- Why is sleep so important to your health and how it can have a ripple effect on your day?

