



Fundraising Events

How You Profit Personally

Welcome to a new “healthier” way of making money for your cause, by hosting an inspirational, educational and motivational fundraiser where everybody profits. We’ve all purchased items from fundraisers and supported our children, teams, schools etc...and not to dismiss them in any way, but let’s face it, do you really need more candy, candles or pizza? This is completely different from any other fundraiser you’ve ever supported...YOU will actually benefit too!

I offer “Healthy Lifestyle” speaking events where you’ll not only support your favorite cause, you’ll be motivated and inspired to create and live a healthy lifestyle...candy and pizza certainly can’t do that!

I have certifications in *Personal Fitness Training, Lifestyle and Weight Management Specialist, and Fibromyalgia Muscle Management Specialist*. My events provide “cutting through the confusion” coaching along with resources to take women from where they are now, to where they want to be.

Topics of Discussion

- Eliminating the Frustration and Confusion of Losing Weight
- How to Create a “Fat Blasting” Metabolism
- Identifying the “Healthy Foods” that are Causing Weight Gain & Triggering Body Fat Storage
- Managing Time to Create Healthy Meals & Healthy Grocery Shopping Strategies
- Learn How to Quickly Get Back on Track after a Set Back
- Identifying Strategies to Stay Motivated, Healthy & Fit

How Your Event Profits

Your event will receive a profit of 20-25% of the tickets sold (minimum of 100 tickets must be sold). You get to decide which ticket price is best for your organization, and its needs.

100 Tickets sold at \$20 (\$2,000) will receive a 25% kickback = \$500 minimal profit to your organization

100 Tickets sold at \$15 (\$1,500) will receive a 20% kickback = \$300 minimal profit to your organization

Setting up an Event / Questions

Please contact me by email trainergirl19@aol.com or by calling (586)215-8813 and I’ll be happy to discuss your event or answer any questions that you may have. I look forward to working with you.