

# Bernette Sherman

## Wellness Educator & Author

Bernette is a creative intuitive on an epic journey with more wellness, joy and love. While transforming her body and shedding more than 30 pounds in 3 months she realized the real transformation was from the inside out.

Bernette uses her experience as an author, actor and playwright, along with her holistic wellness journey, education, and over 10 years experience as a public and community health professional to help others write a new story of whole-life wellness.

Bernette is a certified personal trainer and nutrition coach, menopause fitness specialist, and active aging specialist. She holds an MPA from the Andrew Young School of Policy Studies at Georgia State University. She's also a former pageant queen and Founder of *That Shero Life*, offering a podcast and wellness education.

## SIGNATURE TALK

### *Who Moved My Curves?*

- ✓ Humorous and educational insights into women's aging - beyond hot flashes!
- ✓ The effects of menopause on the body from the inside out and why we get the belly bulge
- ✓ Simple and practical strategies to take back control and feel good again

## OTHER TALKS & TOPICS

- ✓ *Power of Five: Wellness for Real Life*
- ✓ *Whole-Life Wellness: A Look at the major dimensions of wellness*
- ✓ *Write Your Epic Life of Wellness: Apply elements of epic stories to real life*
- ✓ *Pay Attention to Your RENT! Recovery, Exercise, Nutrition, Truth for Midlife Women*

## BOOK BERNETTE:

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