

# Sharon North Pohl

## Speaker, Author, Life Coach



[www.zestychange.com](http://www.zestychange.com)



### **Sharon North Pohl is changing the way women are aging.**

With her dynamic zest for life, she is leading the way for a new generation to elevate and continue to live your best life, no matter what your birth certificate says.

As a world-traveler, Sharon has had a front-row seat to see how aging, poor diet, and poor circulation can destroy the lives of you or your closest childhood friends.

Sharon is a charismatic storyteller, with a riveting and courageous story of her own.

Take it from someone who's already been to hell and back, as you learn Sharon's top tips for not letting life scare you or steal your zest.

**BOOK HER  
TO LIGHT UP  
YOUR ROOM!**

### **FULLY INTERACTIVE PRESENTATION WILL HAVE YOUR AUDIENCE:**

- **Laughing and Loving Life Again**
- **Discovering Their Own Treasure Map for Vital Aging**
- **Simple Tips for Elevating Your Mind, Body & Spirit**
- **How to Savor Life's Joys**
- **Create More "Alive-ness"**
- **Feeling Inspired to Live Your Zestiest Life**

To schedule Sharon North Pohl  
to speak at your event

[www.zestychange.com](http://www.zestychange.com)

[sharon@zestychange.com](mailto:sharon@zestychange.com)

1831-247-4608



Sharon North Pohl is changing the way women are aging.

With her dynamic zest for life, she is leading the way for an aging generation to elevate and continue to live your best life, no matter what your birth certificate says.

As a world-traveler, Sharon has had a front-row seat to see how aging, poor diet, and poor circulation can destroy the lives of you or your closest childhood friends.

Sharon is a charismatic storyteller, with a riveting and courageous story of her own.

Take it from someone who's already been to hell and back. You will learn Sharon's top tips for elevating your life and not letting life scare you or steal your zest.