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## Motivational Speaking

Services	Rates (estimated)
One-hour Presentations	\$300
Cooking Show	\$500 (includes generous samples for up to 25 People, additional food charge thereafter)
Organizational Speaking	\$300*
*negotiable depending on opportunity and audience	

Travel over 50 miles subject to additional charge.

## Webinars

**Branded presentations to present to employees live and/ or taped and stored for your wellness library**

One time view "Live"	\$200
Taped and put on MP4 for your use	\$800
Taped programs can be purchased In packages of 4	\$2500

Feel free to ask for a webinar sample to view!

**For more information contact:**

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