



# Joan Lubar

Speaker, Author, Nutritional Advisor, Wellness Educator

Ready for The Sassy Sage? Joan Lubar gives you a rebellious look at life, health and spiritual wisdom. Known as one of the most inspiring and quirky speakers, Joan will leave your audiences laughing, crying and ready to take the world by storm.

## Presentation Topics

### **Rock & Roll At any Age**

It's one thing to jump on the health and fitness bandwagon now that it's fashionable. It's something completely different to have lived the lifestyle for well over 30 years. At 75 years young Joan has spent the last 3 decades as a rebel to the normal notion of what aging should look like and feel.

In Rock & Roll at Any Age, Joan shares how her own journey of self-discovery and then helping others go on their own journey became her life's work. She teaches others how to stay healthy (and significant) regardless of what life puts in your path.

### **The Ladder of Health; A Process to Reach Optimal Health and Mindset**

With today's hectic pace and foods that are not always nutritious and clean, Joan offers a look at what is happening to our food supply and how we can improve our health and nutrition with a few changes in our life and lifestyle.

Why shouldn't we feel fit and fabulous at any age? In the Ladder of Health, Joan helps you learn to move from a neutral or negative health position toward an Optimal level of wellness. So many people want to create great health yet fail to move up the ladder and may even move onto lower rungs of illness and disease because they don't realize the correlation between the foods they eat, the supplements they take and the products they use daily. "You are what you eat" really is true! You also are the result of what you are exposed to.

### **It's Not about the Diet; It's about Healthy Weight**

How many diets have you been on? Have you gained and lost more pounds than you can count? The goal of this topic is to share easy, effective ways to achieve and maintain a safe, healthy weight through:

- Sound choices with foods and supplements that keep the muscle and burn the fat
- Movement that should be fun
- A positive attitude that keeps you strong in down times and moving forward to achieve your goals.

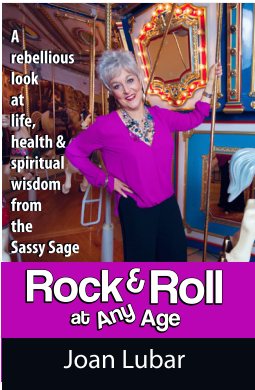
*Plus More...*

Fully customized presentations for groups of 5 - 500

Joan Lubar, the Sassy Sage, is an engaging, inspirational and motivational speaker, author and wellness educator

She is the founder of JLA Health Stop, a successful nutritional and wellness company committed to enhancing the health and wellbeing of women and families.

## Rave Reviews



“Rock & Roll at Any Age is full of truth and fun. Getting older does not mean inevitable decline or invisibility. Read this book and start living now!”  
**Christiane Northrup, MD**

“I have known Joan for probably 5 years now and she is passionate and knowledgeable about nutrition and health issues. She continues to educate herself on Women’s issues...Take a moment to listen to Joan...she is very sincere and her mission is to help people.”  
**Pam Sheehan, Age 70**

“Joan’s passion for personal and professional greatness is infectious, and she thrives on coaching both groups and individuals to find their own GREATNESS in all areas of their life.”  
**Sherrie Smith**

“It has been my pleasure to hear Joan speak on a number of occasions...I would recommend her for any speaking engagement. Joan does not take speaking to groups lightly. She makes sure she has researched the facts and is knowledgeable of the topic in any of her speaking engagements. For me the best part is her personality. Joan can make people relax and laugh. People always go home saying how much they have learned and will remember because of the way she presents the topic.”  
**Donna Shuster Titus**

“If you’re looking for the real deal of energy and vitality, Joan Lubar-Alvarez is it! Joan lives her life with such passion, people half her age pale by comparison. As a supplements health expert, Joan is a walking encyclopedia of what it takes to live a life filled with energy. One of Joan’s greatest passions is speaking in front of groups of virtually any size. You will be wowed with her excitement, knowledge and expertise. For your next gathering, or to gain insights on how to personally improve your health, Joan is the one to call on.”  
**Kathleen Gage, Business consultant, author, speaker**



Joan Lubar, known as the Sassy Sage, has been developing her philosophy of life over many decades. Her search for quality health solutions began with her older child being hyperactive (today’s ADHD) and trying to find natural ways to help him. At the time there were only 2 books available, one was Adele Davis’s Let’s Eat Right to Keep Fit and the other Dr. Ben Feingold’s Why Your Child is Hyperactive. This began a lifelong interest in the benefits of nutritional choices in developing great health at every age.

When her own health was compromised, she came back to researching what she needed to reclaim her health and became an advocate and speaker on how to build health through nutrition. This evolved into a more comprehensive, holistic picture of the aspects of optimal wellness, including movement and attitude. The results of this are her book, Rock & Roll at Any Age, and speaking engagements and webinars.

A great, rewarding life happens through intentional choices. When she became aware that her life needed to change, Joan made critical choices that led her want to help others today through educational and experiential presentations and consultations. Her goal is to cut through the fluff and give meaningful and useful information to all who are interested. She is available to speak to 5 or 500+ with the goal of inspiring, educating, and delighting her audience.



**Joan Lubar**

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