

7 Keys to Creating Vitality and Freedom at Any Age and Have Fun Doing It!

Presenters:

Joy Lynn Freeman, D.C. Ph.D (cand.)



Joy has been a pioneer in the field of health, personal growth and transformation for over 30 years as a Natural Physician, Transformational Life Counselor, Speaker, and Workshop Facilitator. She is the author of *Express Yourself: Discover Your Inner Truth, Creative Self and the Courage to Let it Out*, 5 Yoga Videos and 2 CDs of original songs. She has spoken nationwide, been interviewed on numerous radio shows along with created and lead many transformational workshops and retreats. She is also a performing artist as a dancer, singer, drummer and speaker. Her greatest joy is to support others in finding their creative, expressive and vital selves.

For more info on Joys work:

www.expressyoursoul.com or www.singdancedrum.com

Paul Bee Bobitz, B.A. Music Education

Paul has been a multi-instrument instructor and performer for 30 years. He also received training in music composition and arranging from Berklee School of Music. He not only plays over 10 different instruments, he plays all genres of music. Paul was also a musician for the United States Army where his duties included conducting, arranging, composing music as well as repairing the band's instruments. Now Paul's passion is to integrate positive life philosophy with his music.



for more info:

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