

## Laura Dion-Jones Speaker Introduction

From Oprah To Super Bowl Stars Everyone Is Talking With Laura Dion-Jones. She is a true inspiration and her journey of chronic obesity has touched the hearts and lives of all of those who have heard her story. After shedding 150 pounds, Laura has created a revolutionizing outlook on wellness while continuing to impress, motivate, and teach people across America how to live their best life. She has kept off her weight for over a decade and has been backed by some of the top nutritionists in the health and wellness field.

Through her bold pursuit of complete mental and physical health, Laura has become one of the country's top experts and motivational coaches in the fields of weight loss fitness walking, developing discipline, overcoming adversity, stress management, improving personal appearance and increasing self-esteem and confidence.