

# Just 1 Thing 4 Health

## My Health! My Priority!

12-Weeks to Wellness Program with a Whole Foods, Plant-Based Diet

Simple Lifestyle Changes | Powerful Results

### ABOUT YOUR FACILITATOR: Alyssa Ohnmacht



While Alyssa Ohnmacht's relationship with a WFPB no SOS lifestyle has been fairly short, she is fully committed to preventing the heart-disease that runs in her family and she is passionate about sharing information about this lifestyle with anyone who is interested.

Professionally, Alyssa partners with self-published authors to help them get their books into print. It was while working on one of these books, *Enjoy Optimal Health* by Dr. Greg Feinsinger, that her mom had a heart incident that required a stent. One thing led to another and Alyssa realized that adopting a WFPB no SOS lifestyle was THE choice she had to live her life fully, the way she wants to live.

Alyssa is a certified Infinite Possibilities Trainer, and is one of our **Senior My Health, My Priority! Facilitators**. Born and raised in western Colorado, Alyssa has two daughters and lives outside of Glenwood Springs.

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