

Jan Dacri



Since 1977 *Jan Dacri* has been a corporate motivational speaker on the universally popular topics of memory and mind-body self-improvement. Now, three decades later, her award-winning Healthy Workplace Program, a growing trend in business, teaches wellness strategies for living and working in a stressful world to people in all walks of life. Rave reviews, top evaluations, and standing ovations have caused her to become one of the most in-demand keynote presenters with corporate clients such as 3M, Hilton, Wickes Lumber, Kronos, Reebok, and organizations like AARP, YPO, and IAAP.

A graduate of Tufts University, *Jan* is a gifted writer, teacher, motivator, and considered the world's top female memory expert. Her MEMORY SECRETS DVD and book are being used as "Memory TuneUp Classes" for seniors in independent living and retirement communities across the country. She can teach anyone of any age to improve both memory and health with her delightful techniques, insightful suggestions, and remarkable style. Never behind the podium, even the most conservative groups enjoy lively, highly interactive audience participation when Jan Dacri presents.

Topics:

Memory Secrets; Restore Your Memory – Retrain Your Brain

Brain Sells; Improve Your Memory – Increase Your Sales

The Healthy Workplace; a Growing Trend in Business Today

MindBody TuneUp –

Part 1 – Lecture Presentation: The Seven Essential Habits of
a Naturally Healthy Lifestyle

Part 2 – Exercise Sessions: Morning and/or Afternoon
MindBody TuneUp Workout