



Carl George Professional Speaker & Wellness Specialist

Carl is energetic and humorous and focuses on developing health through laughter. Let him lighten your load with his amusing and hilarious real-life stories, music and audience activities. He consistently leaves his audiences laughing while motivating and demonstrating how to shift perspectives on life, work and you. He inspires audiences to find meaning in what they do to live healthy, active lifestyles, while maintaining a positive self-image. His messages are as welcome as his laughter.

In today's arena of increasing concerns regarding health care, it makes perfect sense to give your employees or group better knowledge of how to lead a life of prevention.

It is always easier to prevent illness than it is to try to recover from it. Being proactive and arming yourself with the latest information about healthy eating, nutritional supplements, and stress reduction is the best way to stack the odds in your favor. Energize and inspire them to take action and to take charge of their health.

Carl's training is comprised of a B. A., B.Ed., PTC, NWS, A Lifestyle Specialist, A YogaFit Instructor and Founder of Healthy Living NL. His diverse background as a certified fitness trainer, Nutritional and Wellness Specialist, Reiki practitioner, Sports Conditioning Specialist, First Aid, CPR, yoga and pilates instructor.